

# Vegetables Vol 2



## PICK YOUR OWN

Mid-June thru Late October!  
Berries, apples, pumpkins & more!

FARM FRESH  
PRODUCE

Including Our Own &

When the flavor really counts, make the butter LAND O LAKES®

# Spread joy.

The season's open on fresh Florida sweet corn. Serve it piping hot topped with any of these five tasty Land O Lakes

Butter Spreads. Umm... mouth-watering.

Land O Lakes Butter is made only from fresh, sweet cream for flavor that's naturally delicate and consistently good. You can count on it.

## LAND O LAKES Seasoned Butter Spreads for FLORIDA SWEET CORN.

To 1/2 c. softened LAND O LAKES Sweet Cream Butter, 1/4 tsp. salt, 1/8 tsp. pepper and 4 drops hot pepper sauce, add the following ingredients; blend well. Serve Butter Spreads at room temperature on hot Florida Sweet Corn. Yield: 4 servings.

**CHEESY-CHIVEY SPREAD:** 3 tbsp. shredded medium natural Cheddar cheese and 2 tbsp. chopped fresh chives or 1 tbsp. dried chives.

**DILLY-MUSTARD SPREAD:** 1/2 tsp. dill weed and 1 tsp. prepared mustard.

**ITALIAN HERB SPREAD:** 1 to 1 1/2 tsp. Italian herb seasoning and 1/4 tsp. garlic powder.

**ZESTY HORSERADISH SPREAD:** 1 tsp. parsley flakes, 4 tsp. prepared horseradish and 1 tsp. prepared mustard.

**ONION-GARLIC SPREAD:** 1 to 2 tbsp. finely chopped fresh green onion, 1/4 tsp. garlic powder and 1 tsp. prepared horseradish.





Buy wisely! Buy for flavor! Buy

**Del Monte**  
**CORN**

*-the brand that puts flavor first*

Golden Whole Kernel Golden Cream Style White Cream Style

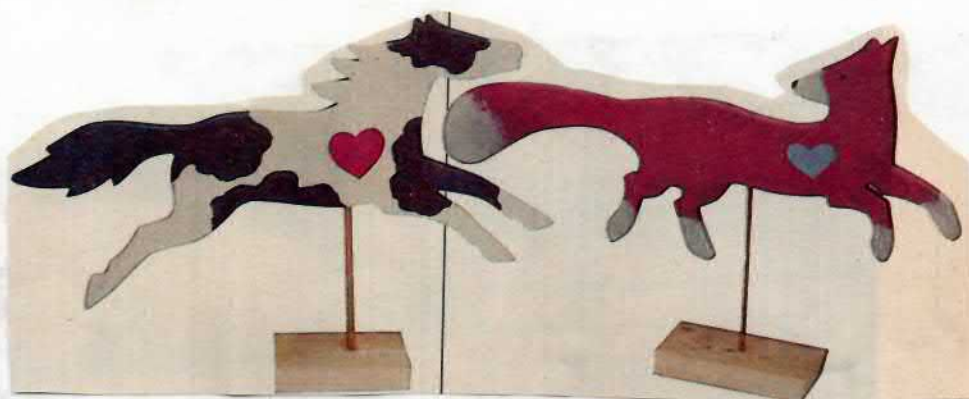


**CORNPATCH TOMATO SURPRISE**

- 4 large firm tomatoes, cored
- 4 small eggs
- 3 tbsps. cream or evap. milk
- ¼ tsp. salt
- ¼ tsp. paprika
- Dash cayenne
- 1 tsp. Worcestershire Sauce
- 2 tps. grated onion
- 2 to 3 slices bacon
- 2 tbsps. fine dry bread crumbs
- Grated American cheese
- 1 to 2 cans DEL MONTE Golden Whole Kernel Corn

Hollow out tomatoes; salt insides. Place in shallow baking dish; break an egg into each tomato. Combine cream, seasonings, and grated onion and spoon over eggs in tomatoes. Bake in moderate oven (350°F.) 20 to 25 min. or until eggs are almost set. Meanwhile, sauté bacon crisp; drain; crumble. Combine with bread crumbs. Top tomatoes with cheese; then crumb mixture, as shown.

Spoon the corn around tomatoes, season and dot with butter or margarine. Return to oven till cheese is melted and corn is heated. Serves 4.



Piping-hot, seasoned Del Monte Golden Cream Style Corn in parboiled green pepper halves—that's *always* a hit! And just right with your favorite casserole of leftover turkey and these special

#### DRESSING STICKS

- |                                   |                        |
|-----------------------------------|------------------------|
| 4 cups soft bread crumbs          | 1/2 tsp. thyme         |
| 2 tbsps. finely cut parsley       | 1/4 tsp. paprika       |
| 3 tbsps. finely chopped onion     | 1 egg, slightly beaten |
| 1 tsp. each, salt and celery seed | 3 tbsps. hot water     |
| 1/4 tsp. pepper                   | 3 tbsps. melted fat    |

Toss dry ingredients together lightly. Stir in the beaten egg, hot water and melted fat. Form dressing in finger shapes on greased cookie sheet, and bake in hot oven (400° F.) about 15 minutes. Makes 8 sticks 4 1/2 in. x 1 1/4 in. x 1 1/2 in. Serve hot.



This is the way

you buy the corn





### **Calapacitas (Indian Vegetable Stew)**

**3 ears corn**

**1 onion**

**2 cloves garlic**

**1/4 cup water**

**3 zucchini**

**2 tomatoes**

**1/2 cup crumbled cheese**

**Salt, pepper, chili powder**

**E** Cut kernels from fresh ears of corn, slice onion, and mince garlic; combine all with water in a covered pan. Cook 5 minutes. Add sliced zucchini and cook another 5 minutes. Add quartered and sliced tomatoes and cook until tomatoes are warm but not mushy. Add crumbled yellow or white cheese, and seasonings to taste. Mix lightly and serve. Makes 4 to 6 servings.



## home cooking

### LIGHTEN UP

## Corn Pudding

Makes 6 servings. Working time 15 min.

Total time 1 hr.

- Olive oil, for brushing dish
- 2 cups corn kernels
- 1 small red bell pepper, finely chopped
- 1/2 small yellow onion, finely chopped
- 1/3 cup grated reduced-fat Swiss cheese
- 1/3 cup grated Parmesan
- 2 tablespoons flour
- 1 1/2 teaspoons dry mustard
- 1/2 teaspoon salt
- 2 eggs
- 1 (12-ounce) can evaporated milk

1. Preheat oven to 350°F. Lightly brush a 1 1/2- to 2-quart baking dish with olive oil and set aside. In a medium bowl, toss together corn, bell pepper, onion, cheeses, flour, mustard, and salt.

2. In another bowl, whisk together eggs and milk. Stir egg mixture into corn mixture and pour into prepared dish. Bake until set, about 45 minutes.

**PER SERVING** protein: 12 g; fat: 10 g; carbohydrate: 22 g; fiber: 2 g; sodium: 376 mg; cholesterol: 92 mg; calories: 221.



Cut the fat in this dish by 61 percent (that's 15 grams per serving!) by using reduced-fat Swiss and evaporated milk instead of cream.



## Water Village

Well! We finally hit upon a good week weather-wise. I don't think anyone can complain, even the campers. Our gardens got the rain they needed and we all got great days of sunshine. Speaking of gardens - we are all enjoying delicious salads with lettuce, radishes and other good things picked fresh from the garden. All you need now is to barbecue your favorite meat or chicken, and top it off with this delicious "Corn Pudding" which Barbara Burger brings to us.

### CORN PUDDING

- 1 can cream style corn
- 2 eggs
- 1 8 tsp. salt
- dash black pepper
- 2 tbsps. sugar
- 4 level tbsps. flour
- 1 tbsp. cooking oil

Stir all ingredients together until well mixed. Turn into buttered 2 quart baking dish. Bake at 375 degrees for 45-50 minutes. Serve hot with hot or cold meats. Serves 4.



## Fix Seasoned Butters For Corn on the Cob

Fresh Florida sweet corn is easy to cook and serve. And it makes a refreshing change from the usual winter vegetables.

The fresh corn is most delicious served with some kind of sea-

soned butter. Choose from these recipes to suit your family's personal tastes.

### SEASONED BUTTERS FOR FRESH CORN

#### Chili Bacon Butter

- 1/2 cup butter or margarine, softened
- 1/4 cup (3 strips) crumbled crisp bacon
- 1 tbsp. chopped parsley
- 1/4 tsp. chili powder
- Bacon curl, for garnish

#### Italian Cheese Butter

- 1/2 cup butter or margarine, softened
- 1 tbsp. grated parmesan cheese
- 1 tsp. onion powder
- 1/2 tsp. oregano leaves, crumbled
- 1/4 tsp. ground red pepper
- Grated parmesan cheese, for garnish

#### Herbed Corn Butter

- 1/2 cup butter or margarine, softened
- 1 tbsp. chopped parsley
- 1/2 tsp. basil leaves, crumbled
- 1/4 tsp. ground black pepper
- Parsley sprig for garnish

#### Blue Cheese Corn Butter

- 1 pkg. (3 ozs.) cream cheese softened
- 2 tbsps. butter or margarine, softened
- 2 tps. blue cheese, crumbled

Thoroughly combine ingredients for each seasoned butter. Refrigerate, covered, until ready to use. As directed, garnish with a bacon curl, sprig of parsley, or grated parmesan cheese.



Serve Seasoned Butters With Fresh Florida Sweet Corn

### Herbed Corn on the Cob

#### 4 Servings

- |  |                      |
|--|----------------------|
| 4 ears corn, unhusked                        | 1/2 teaspoon oregano |
| 1/4 cup butter, softened to room temperature | 1/4 teaspoon salt    |
| 1/2 teaspoon basil                           | 1/4 teaspoon pepper  |

- 1 Preheat the oven to 375°. Cut out four large squares of aluminum foil.
- 2 Peel back but do not remove the corn husks. Remove the corn silk.
- 3 In a small bowl, blend together the butter, basil, oregano, salt and pepper.
- 4 Spread about 1 tablespoon of herbed butter on each ear of corn, then close the husk around the corn.
- 5 Wrap each ear of corn tightly in foil and bake for 30 minutes, or until tender.

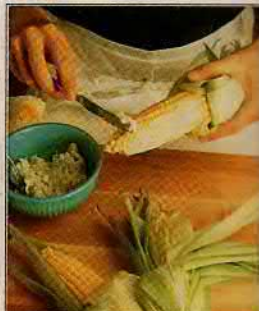
#### TIME-SAVERS

■ **Microwave tip:** To cook the corn in the microwave, after spreading the butter on in Step 4, sprinkle a few drops of water over the kernels, then tightly wrap in plastic wrap. Cook (on paper towels in case any butter leaks out) for 12 to 15 minutes on HIGH, rearranging the corn about halfway through the cooking. Let stand 5 minutes and serve.

■ **Do-ahead:** The herbed butter for the corn can be made well ahead of time and stored in the refrigerator or freezer. In fact, you can double or triple the quantities and keep it on hand, frozen, for anytime you have corn on the cob.



Step 1



Step 4



Step 5



Values are approximate per serving: Calories: 172 Protein: 2.5 gm Fat: 13 gm Carbohydrates: 33 gm Cholesterol: 15 gm Sodium: 247 mg

## BBQ RULES

BE ON TIME  
THE FOOD WON'T LAST

NEVER TOUCH ANOTHER  
MAN'S GRILL

WHERE THERE'S  
SMOKE: HAPPENS

THERE'S FOOD

IF YOU DON'T  
EAT MEAT  
DON'T SHOW UP

IT'S ACCEPTABLE  
TO EAT WITH  
YOUR FINGERS

MOANING WHILE EATING  
IS CONSIDERED A COMPLIMENT

CLEAN UP AFTER YOURSELF

## Summer-fresh corn

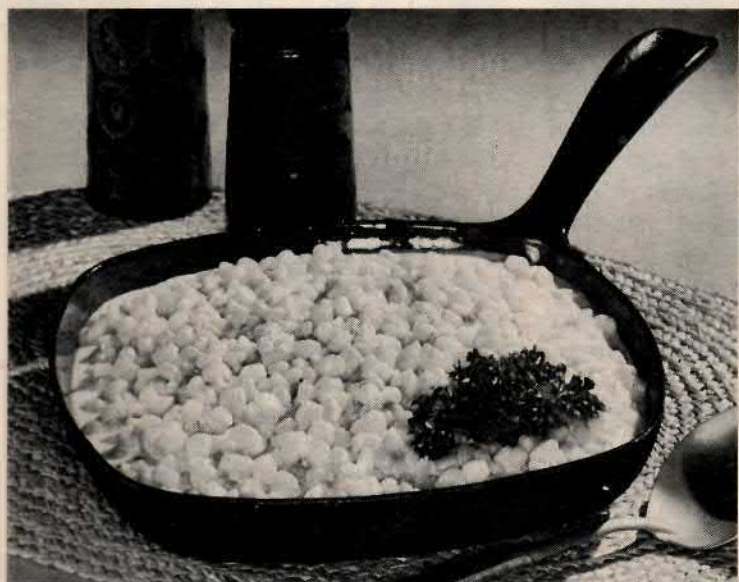


picked fresh



**To ready corn for the grill:** Remove husks; then remove silk with a stiff brush. Place each ear on a piece of foil. Spread corn with soft butter or margarine and sprinkle with salt and pepper. Wrap foil securely around each ear. Do not seal seam but twist or fold foil around ends. Place on grill; roast over *hot* coals 15 to 20 minutes or till corn is tender, turning ears frequently. (If you're short on grill space, you can roast foil-wrapped corn in 450° oven 20 to 25 minutes.)

**Pass Horseradish Butter:** Combine  $\frac{1}{2}$  cup butter or margarine, softened, 1 tablespoon prepared mustard, 1 teaspoon prepared horseradish,  $\frac{1}{2}$  teaspoon salt, and a dash pepper.



**Pimiento-creamed Corn** is a delicious way to use extra cooked corn on the cob. In medium saucepan or skillet, combine one 3-ounce package pimiento cream cheese, softened,  $\frac{1}{4}$  cup milk, 1 tablespoon butter or margarine, and  $\frac{1}{2}$  teaspoon onion salt. Cook and stir over low heat till cream cheese melts. Stir in 2 cups cooked corn cut from cob (3 to 4 medium ears) or one 1-pound can corn, drained. Cook till corn is heated through. Makes 4 to 6 servings.

## SUCCOTASH

### VOTED "BEST COOK"



Mrs. Irene L. Dout,  
15760 Whitcomb, Detroit,  
chosen by Veterans of  
Foreign Wars, Auxiliary 1519

A veteran cook like Mrs. Dout will tell you fresher, finer vegetables never came out of a garden than come out of cans labeled Stokely's Finest. *Real* blue-ribbon corn... plump, perfect, golden kernels. Tender, young green beans picked and canned while they're snapping-fresh. That's what you get when you get Stokely's Finest. Enjoy them both, in good old-fashioned dishes like:

**HARVEST SUCCOTASH** — Melt 3 tbsp. bacon fat; blend in 2 tbsp. flour,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{8}$  tsp. pepper. Stir in  $\frac{1}{2}$  c. liquid from No. 2 can Stokely's Finest Cut Green Beans or No. 303 can Golden Whole Kernel Corn. Boil and stir 2 min.; add  $\frac{1}{2}$  c. cream or evaporated milk. Add drained beans and corn; heat. 8 servings.





### CORN FRITTERS

(Submitted by Mr. Charles M. Barry, St. Luke Parish, River Forest, Ill.)

2 egg yolks, beaten	1/4 c. flour
1 1/2 c. grated fresh corn, or	1/2 tsp. salt
1 1/2 c. well drained creamed corn	dash of pepper
1/2 c. finely chopped green pepper	2 egg whites

If using fresh corn, cook, then remove from cob and grate. Combine corn with egg yolks, green pepper, flour, salt and pepper and mix well. Beat egg whites in small bowl of electric mixer until stiff. Fold corn mixture into whites. Lightly grease preheated skillet or griddle. Drop mix by heaping tablespoons on to griddle and fry on low heat 3 or 4 minutes, until brown on bottom, turn and brown on other side.

### New! Pancake Corn Fritters

Blend together 1 egg, 1/4 cup milk  
Stir in 1 cup pancake mix  
1 can (12 ounces) whole kernel corn,  
drained

Fluffy fritters need a light hand so don't overbeat. Drop by teaspoonfuls into hot Wesson Oil (1 inch deep) and cook slowly until golden brown, about 4 minutes, 20 to 24 fritters.

Serve hot with lots of Log Cabin Syrup.



### CORN FRITTERS

**1 cup fresh corn kernels (about 2 ears)**

**3 large egg yolks, well beaten**

**1/2 cup all-purpose flour**

**1 teaspoon dried marjoram**

**1/4 teaspoon salt**

**Vegetable oil for frying**

■ Use a potato masher or a fork to crush the corn kernels. In a mixing bowl, combine crushed corn, egg yolks, flour, marjoram and salt. Stir well to blend.

■ Pour 1/4-inch of oil in a small heavy skillet and set over medium-high heat. Drop 1-tablespoon portions into pan and fry fritters until golden brown, about 2 minutes on each side. Repeat, using a little more oil if necessary. Drain on paper towels and serve immediately with soup.

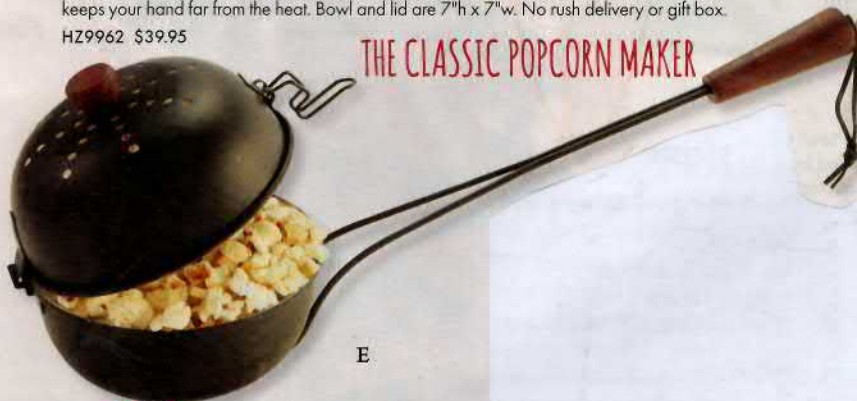
When life gives you Rainy Days  
wear *Cute Boots* and  
jump in the *Puddles*



When people tell me  
You're going to regret that  
in the morning  
I sleep until noon because  
I'm a problem solver

**E. Fireside Popcorn Popper** Mmmm, fresh popcorn, popped the old-fashioned way, over your hearth, campfire, or barbecue. 2-piece steel popcorn popper features removable lid and extended metal and mango wood handle with suede hanging strap. 27" length keeps your hand far from the heat. Bowl and lid are 7"h x 7"w. No rush delivery or gift box. HZ9962 \$39.95

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XMAS

Recipe for PECAN-CARAMEL POPCORN

"LEISURE ARTS"  
NOV/DEC, '89  
Pg 25

16 C. POPPED CORN  
5 C. PECAN HALVES  
1 C. BUTTER  
2 C. SUGAR  
1 C. LT. CORN SYRUP  
1 TS. VANILLA  
1 TS. BAK. SODA

- Mix popped corn & pecan halves  
in a lg. bak. pan.
- In a saucepan, comb. butter,  
sugar & corn syrup;
- Bring to a boil & cook 5 mins.
- Remove from heat, add  
vanilla & soda.
- Pour over popped corn  
& pecans; stir well.
- Bake 250° oven 1 hr., -  
stirring every 15 mins.

Makes 5 qts.



# More Than Just Another Fad

Although today more popular than ever, popcorn has been a favorite American snack since ancient Indians believed that demons caused the kernels to explode

Sandra Rawlings



**P**opcorn, an all-American snack enjoyed by Indians of both Americas before the discovery of the New World, has lately undergone an explosion of popularity. In 1982, according to the Popcorn Institute, Americans consumed forty-two quarts of popped popcorn per man, woman, and child, making popcorn a billion-dollar industry. Exotic new popcorn trappings have superseded salt and butter, and multiflavored popcorn—from chocolate-flavored to watermelon-flavored—can be found in popcorn franchises and fancy emporiums around the country.

Dick Lintner, a vice president of the Weaver Popcorn Company, a large popcorn processor with headquarters in Van Buren, Indiana, sees several reasons for popcorn's current popularity. He feels that popcorn appeals to today's nutrition-conscious consumer because it has "clearly escaped the junk-food category." Plain popcorn is a cereal grain that "gram for gram has more protein, phosphorus, iron, and fiber than potato chips, ice-cream cones, pretzels, and saltines," according to the Popcorn Institute. It is neither sugary nor fatty and contains only twenty-five to fifty-five calories per cup, depending on kernel size.

PHOTOGRAPHS BY DAVID SPAHN

In addition, Lintner points out, popcorn is cheap—it costs less than a dime per quart serving. “You can fill up a lot of kids with a pound bag of popcorn,” he says. Finally, he continues, popcorn has positive, upbeat associations: “It’s a fun food. When you’re enjoying popcorn, you’re having a good time, whether at a ball game, the movies, a picnic, or the circus.” Popcorn is also linked to such holidays as Halloween and Thanksgiving, which often feature popcorn balls and steaming bowls of buttered popcorn, and to Christmas, when fluffy garlands of popcorn decorate Christmas trees everywhere.

Popcorn, which is indigenous to the Americas, is historically a festive and decorative food. The Aztec adorned statues of their gods with popcorn and used it to create elaborate ceremonial headdresses. In 1621 an Indian named Quadequina presented the Pilgrims gathered at the first Thanksgiving feast with popped popcorn, which subsequently became a token of good will often present at peace talks between colonists and Indians.

Although the early Indians believed that a tiny demon inside each kernel made corn pop, pop-



Movie star Ann Blythe samples a box of popcorn offered by Ronald Reagan at a preview of the 1950 film *Louisa*, a romance in which Reagan played a leading role.

corn is a distinct variety of corn (*Zea mays everta*) characterized by small round or pointed kernels with a tough outer covering. When the kernels are heated, the moisture content turns to steam, which is prevented from escaping by the hard hull. Eventually the kernel explodes into a tasty white morsel. A century ago, when popcorn was just becoming a business after Charles Cretors’s invention of the

steam-powered popping machine, a popcorn kernel’s expansion factor was about fifteen times its size; now, thanks to hybrid corns, the standard expansion factor is forty or higher.

Popcorn’s expansion factor is only one consideration. At the Weaver Popcorn Company, where sixty per cent of the total popcorn production is bulk sales to snack-food manufacturers and concessionaires, four types of corn—white, and small-, medium-, and large-kernel yellow—are used. Snack manufacturers favor the large-kernel yellow variety because it holds together well (making it easier to dip and coat) and pops into a ball shape called a mushroom. Concessionaires prefer the medium-yellow variety, which pops into an irregular butterfly shape, is tenderer, and requires fewer popped kernels to fill a carton.

Although some connoisseurs cite subtle flavor differences among popcorns, Leonard Penner and Larry Yoder of Yoder Popcorn, a family business near Topeka, Indiana, feel that tenderness and a high expansion factor are the most important criteria for popcorn. Yoder processes its corn the old-

## Tips on Popping

To help popcorn aficionados produce crisp, fluffy kernels, the Popcorn Institute offers a few popping tips. When operating an electric corn popper, follow the manufacturer’s directions carefully (a general rule is that 3-quart poppers hold ½ cup popcorn in 3 tablespoons oil, and 4-quart poppers take ¾ cup popcorn and ¼ cup oil). Cooking oil (not butter, which will burn) or special popcorn oil are the best choices, and the type of oil will largely determine the flavor of the popcorn. Leonard Penner of Yoder Popcorn prefers peanut oil but suggests coconut oil for those who like the taste of movie popcorn. After putting oil and then popcorn in the popper, shake the popper gently before popping begins to bring all the kernels into contact with the oil.

To pop corn without a popper, put ¼ cup oil into a heavy pan or skillet. Pour in enough kernels to cover the bottom of the pan, cover, and shake gently over medium-high heat until popping stops.

While butter and salt are the standard seasonings, some

interesting alternatives include herb butters and grated cheese. *Popcorn Cookery*, by Larry Kusche (\$5.95 plus \$1.95 postage and handling, HP Books, P.O. Box 5367, Tucson, Arizona 85703), offers a seemingly endless assortment of popcorn varieties from Whiskey Sour Popcorn Balls to Corny Chili Pie.

For optimum popping, popcorn must maintain its moisture content. To preserve the natural moisture of unpopped corn after it has been opened, store the unused portion in the refrigerator. To recondition dried-out popcorn, fill a 1-quart jar three quarters full of popcorn and add 1 tablespoon water. Cover and shake every 5-10 minutes until all the water is absorbed. In 2-4 days the corn should be ready to pop.

Those who want to share the joys of popcorn can send a Popcorn Gram, a 5-pound bag of popped corn delivered along with an appropriately “corny” message (\$17 plus \$2.50 for shipping; call 1-800-438-3300). Flavored popcorn is also available in some gourmet shops.



*Combined with different ingredients, plain popcorn (top right) becomes a variety of unusual dishes. Clockwise from bottom left are caramels, rocky road and caramel popcorn chews, popcorn balls, gumdrops, fruit, snowy mousse garnished with daisies and fresh fruit, peach brandy, peaches, walnuts, cinnamon candies, and sugar and spice balls.*

fashioned way—picking it instead of using a machine to pick and shell simultaneously, drying it naturally on the cob through the winter (for optimum popping, corn should have about fourteen per cent moisture content), and shelling it in the spring by a method that allows the kernels minimal contact with metal. “We’ve just stayed with an old process,” Leonard Penner explains, “because there’s much less kernel damage that way.” Kernel damage, he emphasizes, is one of two main reasons for failure to pop properly (the other is lack of moisture). He feels that good popcorn should have fewer than two per cent unpopped kernels and adds

that only properly matured popcorn has a hull that will completely shatter in popping.

Although a few devotees grow and process their own popcorn, most consumers turn to small companies such as Yoder or large processors such as Weaver, also a family business started in 1929 by the Reverend I. E. Weaver to supplement his income as a minister (the founder is today memorialized in Pop Weaver’s Gourmet Style Popcorn). The town of Van Buren, Indiana, where the Weaver Company is located, is the self-styled Popcorn Capital of the World and every summer mounts a three-day Popcorn Festival to pay homage to its local delicacy. Home-grown or

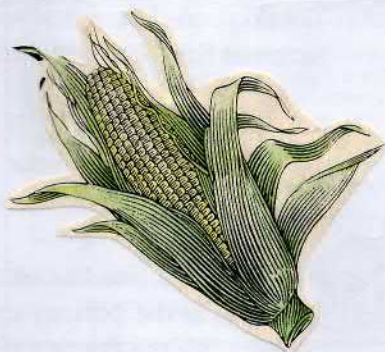
factory-produced, popcorn remains a distinctively American treat: The United States is both the world’s largest supplier of popcorn and its own best customer. As Larry Yoder explains, “People just naturally think of popcorn, apples, cider, and football. It’s a very American thing.”

## *Recipes*

During popcorn’s long career as a peculiarly American snack, countless ways of embellishing and serving it have been devised. The early colonists put sugar and cream on popcorn and ate it like cereal, a practice still common in some parts of the Midwest. By

# Speaking of John Adams

**Succotash** in those early days was a far different dish from the one we are familiar with today. The recipe includes pea beans, chicken, corned beef, salt pork, potatoes, yellow turnip and hominy, and could well be a substantial meal all by itself.



CONTINUED FROM PAGE 75

the 1870's inventive cooks were adding molasses to it to make crunchy popcorn balls, and in 1896 a Chicago firm marketed an immediately popular combination of popcorn, molasses, and peanuts called Cracker Jack. Today, some popcorn franchises offer as many as sixty different flavors. The recipes below are for flavored popcorn and popcorn candy and desserts.

## FLAVORED POPCORN

*A few basic flavored-popcorn recipes appear below. For each one, start with 2 quarts of popped popcorn.*

**Parmesan Cheese.** Melt  $\frac{1}{2}$  cup butter and  $\frac{1}{2}$  cup grated Parmesan cheese over low heat and mix well. Coat popcorn with the cheese-butter mixture and add salt to taste.

**Onion Butter.** Melt 2 tablespoons butter over low heat. Dissolve 1 chicken bouillon cube in the butter, and drizzle the mixture over popcorn. Add salt to taste.

**Mushroom Butter.** Sauté 2 tablespoons chopped bottled or fresh mushrooms in  $3\frac{1}{2}$  tablespoons butter over low heat for at least 5 minutes (do not let butter burn or reduce to less than 3 tablespoons). Sprinkle mushroom bits and butter evenly over popcorn and add salt to taste.

**Herb Butter.** Melt 2 tablespoons butter over low heat and stir in  $\frac{1}{4}$  teaspoon each lemon juice, crushed dried parsley flakes, and crushed dried basil or savory. Add  $\frac{1}{2}$  teaspoon finely chopped chives and drizzle the mixture over popcorn. Add salt to taste.

## POPCORN BALLS

*In 1973 the town of Van Buren, Indiana, staged its first popcorn festival and published a cookbook that included many recipes for popcorn. The recipes that follow are taken from that cookbook.*

$\frac{1}{3}$  cup white corn syrup   1 cup sugar  
 $\frac{1}{3}$  cup water    $\frac{1}{4}$  cup butter  
 $\frac{3}{4}$  tsp. salt   1 tsp. vanilla  
4 qts. popped corn

Combine the sugar, syrup, water, butter, and salt in a saucepan. Cook until the temperature registers 260 degrees Fahrenheit on a candy thermometer (or until the syrup forms spirals or threads that are brittle in cold water but soft and sticky out of water). Add the vanilla. Pour the syrup over the popped corn and mix. (The mixture

will be extremely hot, so cool slightly and check temperature before handling.) With buttered hands, shape the popcorn into baseball-size balls, about 3 inches in diameter. Wrap the balls in plastic wrap or waxed paper and tie them closed. Makes 12 balls.

## SNOWY MOUSSE

*Other fruits can be substituted for the peaches in Mrs. Beulah Lee's elegant and flavorful mousse.*

4 cups popped corn  
 $\frac{1}{2}$  cup pecans, chopped  
 $\frac{1}{4}$  lb. (about 14) light caramels  
1 tbsp. water  
 $2\frac{1}{2}$  cups whipping cream  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{4}$  cup peach brandy or juice from  
canned peaches  
1 cup fresh or canned peaches

Keep the popcorn and pecans warm in a 300-degree oven. Combine the caramels and water in a heavy saucepan and melt the caramels slowly, stirring frequently. In a bowl toss the melted caramels with the popcorn and nuts. Cool and coarsely chop the popcorn-nut mixture. Whip the cream until stiff; blend in the sugar and brandy. Fold in the peaches and the popcorn mixture and pour into 2-quart mold. Freeze until firm. Unmold and garnish with fresh fruit. Serves 6-8.

## CARAMEL POPCORN CHEWS

*These chewy little candies with walnuts, raisins, and coconut are always a hit.*

36 light caramels  
3 tbsp. light cream or half and half  
3 cups popped corn  
 $\frac{1}{2}$  cup walnuts, chopped  
1 cup coconut, flaked  
 $\frac{1}{2}$  cup raisins

Melt the caramels in the cream in a heavy saucepan, stirring occasionally. Toss together the remaining ingredients and pour the caramel mixture over them. Toss thoroughly. With buttered fingers, make about 2 dozen balls. Place them on waxed paper to cool.

## POPCORN ICE CREAM PIE

*Mrs. Gwendolyn Roush contributed this recipe for an unusual dessert—an ice-cream pie with a crust made of popcorn.*

2 qts. popped corn, unsalted  
1 cup coconut, toasted  
1 cup light corn syrup   1 cup sugar  
 $\frac{1}{2}$  cup butter or margarine



$\frac{1}{4}$  cup water 2 tsp. salt  
1 tsp. vanilla 1 qt. vanilla ice cream

Put the popped corn and coconut in a large buttered bowl. Combine the sugar, syrup, butter, water, and salt in a heavy saucepan. Bring the mixture to a boil, stirring until the sugar melts, and heat until it registers 290 degrees Fahrenheit on a candy thermometer or in cold water forms brittle spirals that do not stick to the fingers. Remove from heat and stir in the vanilla. Pour the syrup in a fine stream over the popped corn, stirring to coat all kernels. Divide the mixture in half, put each portion on a greased baking sheet, and shape each into a 10-inch round. Cool. Spread one layer with ice cream and top with second layer. Put the pie in the freezer and cut in wedges to serve. Serves 8.

#### ROCKY ROAD

*Mrs. Beulah Lee often includes this recipe in her holiday entertaining plans. Different kinds of nuts may be used to vary the look and taste.*

1 pkg. (6 oz.) butterscotch bits  
1 pkg. (6 oz.) chocolate bits  
2 cups popped corn 1 cup nuts  
1 cup miniature marshmallows

Melt the butterscotch and chocolate bits together in a double boiler and remove from heat. Stir in the popped corn, nuts, and marshmallows. Drop the mixture by tablespoonfuls onto waxed paper and refrigerate until set. Makes 2 dozen.

#### CARAMEL CORN

*Mrs. Beulah Lee of Van Buren, who has made this recipe frequently, notes that it is always a success—particularly with children. The corn will keep indefinitely in plastic bags in the freezer.*

$\frac{1}{4}$  lb. margarine  
 $\frac{1}{4}$  cup light corn syrup  
1 cup light brown sugar  
Pinch cream of tartar  
 $\frac{1}{2}$  tsp. vanilla  $\frac{1}{4}$  tsp. baking soda  
4 qts. popped corn

Heat the margarine, syrup, and brown sugar until the mixture registers 218 degrees Fahrenheit on a candy thermometer or forms a soft ball in cold water. Add the cream of tartar, vanilla, and baking soda and pour the mixture over the corn, stirring until the corn is thoroughly coated. Put the corn on a baking sheet, separate the kernels, and bake in a 200-degree oven for 1 hour. Serves 12-16. ❖



Corn grows ears,  
Potatoes eyes.  
Save your money,  
And you'll grow wise.



# CORN POPPERS

Here are the latest developments in corn poppers, some tips on how to buy and use them, plus some trivia information about popcorn



Popper with rotating stirrers

**KINDS OF CORN POPPERS:** Stove-top (non-electric) and electric corn poppers. In the electric category are hot-air poppers that whirl the corn in a popping chamber on a stream of hot air, and poppers with rotating stirrers that constantly move the kernels. Prices range from \$25 for a stove-top model, up to \$50 for a top-of-the-line electric model.

**NEWEST DEVELOPMENTS:** An under-the-counter popcorn maker . . . a stove-top popcorn "gun" with pistol-grip trigger that activates the stirrer . . . a model with a lid that inverts over the base for compact storage . . . poppers with built-in measuring cups that double as butter melters.

## TIPS FOR USING STOVE-TOP CORN POPPERS

1. Follow instructions in manufacturer's use/care booklet.
2. Warm the popper before you put the corn in.
3. See that kernels cover the bottom of popper.
4. Use medium-high heat.
5. Avoid excessive shaking and stirring until the oil gets hot; when it does, vigorously shake and stir corn until all kernels are popped.

## HINTS FOR BUYING AND POPPING CORN

1. Buy popping corn packed in sealed package and store unused portion in airtight container at room temperature.
2. Use freshly purchased popping corn. Older, dried-out corn can cause scorching or smoking. If kernels are dry, soak them in one teaspoon of water per cup of kernels. Put them in a jar with a tight-fitting lid and leave them there for two or three days until all of the moisture is

absorbed; shake the jar occasionally.

3. Always use cooking oil; butter can burn at the high temperature needed for popping corn.
4. The amount of oil should equal one-third the recommended amount of popping corn kernels.

## WHAT TO LOOK FOR IN ELECTRIC CORN POPPERS

1. Heat-resistant handles on popper and its cover.
2. Cover that fits securely.
3. A signal light that indicates when corn is popped.
4. An oil line for easy measuring.
5. A dishwasher-safe cover, and surfaces that are easy to clean.
6. Look for UL approval on popper and cord.
7. The popper should provide for escape of steam during popping cycle to prevent popcorn from getting soggy, and to prevent spattering when the cover is removed.
8. If the popper is automatic, it should have a thermostat to turn off heating element when corn is popped. A non-automatic popper needs to be watched closely and disconnected as soon as corn is popped.

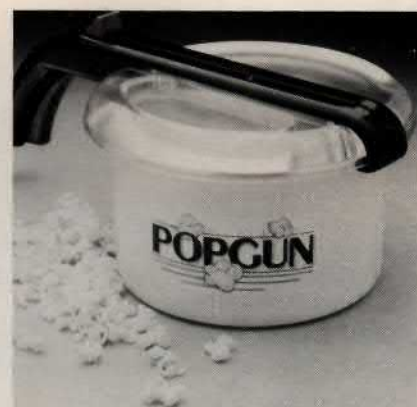
## DID YOU KNOW?

1. One cup of plain popcorn contains only 25 calories when popped without oil, 33 when popped with oil?
2. Yellow popping corn pops larger than white?
3. Each American consumes an average of 48 quarts of popcorn per year?
4. Seventy percent of all popcorn is eaten at home, and ninety percent of this is fresh popped?

INSTITUTE/MICROWAVE COOKERY & FOOD APPLIANCES/SHARON FRANK



Corn popped on stream of hot air



"Gun" on popper activates stirrer



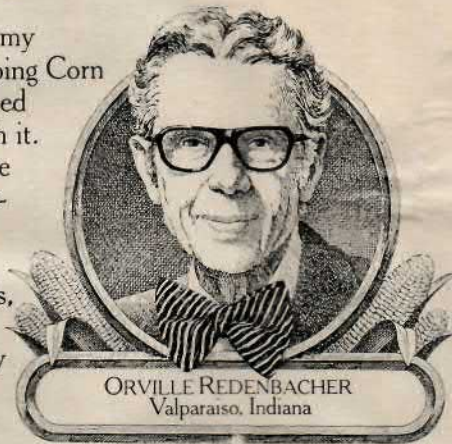
Under-the-counter popping system

# "Pop 4 oz. of your ordinary popcorn versus 4 oz. of my Gourmet Popping Corn. There is a heap of difference."

Right off, you will observe that my Orville Redenbacher's Gourmet Popping Corn pops up a bigger, fluffier batch of popped corn. Your ordinary corn cannot touch it.

Second thing, when you pour the popperful into your bowl, you will discover that near 100% of my corn has popped. We have done everything in human power to cull out the old maids, (That's the corn country term for kernels which cannot pop, and thereby lead to disappointment.)

Finally, when one of my crispy kernels melts tenderly in your mouth, you will surely agree that Gourmet Popping Corn is a considerable improvement. You will be happy that it makes such a big batch of the best eating popped corn you ever tasted.



Your ordinary popcorn.



My Gourmet Popping Corn.

You may wonder how my Gourmet Popping Corn came to be so different from those other popcorns at the store. It began with over thirty-five years of careful popcorn breeding, and we have to be very fussy about how this special corn is raised and harvested. Finally, when it has been mellowed to a perfect popping condition by the Indiana autumn, we clean and polish each kernel, and put it up in jars to keep it fresh and frisky until you are ready to pop it.

First time you do, you will have to admit that compared to Orville Redenbacher's Gourmet Popping Corn, your ordinary popping corn is really ordinary.

Thank you.



© 1975 Hunt-Wesson Foods, Inc.



Dear Heloise: Any ideas on how to get those unpopped kernels out of popped corn?  
—Mrs. J.P.

The quickest and easiest way is to cut several small holes in the bottom of a paper bag, big enough for a kernel but too small for a piece of popcorn to go through. Fill the bag with the popcorn, hold it over the sink, and shake, shake, until the unpopped corn falls out.



Micro-Pop Popcorn Maker



Store unpopped popcorn in the freezer and you will get fluffier popcorn.



# CUCUMBERS

## SLICING CUCUMBERS

### 1. Diva

58 days. This all-female plant has enormous yields. Cucumbers are 6-8" long, sweet and burpless with a crisp texture. Tolerant of PM, DM, ALS; resistant to S.

05516-PK-P1 (30 seeds) \$3.95 ea

3 for \$3.25 ea

### 2. Garden Sweet Burpless Hybrid

55 days. No burps and no trace of bitterness! Produces a harvest of 10-12" cylindrical fruit, rich dark green and faintly striped on the neck. DM and PM resistant.

05578-PK-P1 (30 seeds) ~~\$2.50~~ ea

**\$1.95 ea SALE**

3 for \$1.50 ea

### 3. Park's All-Season

#### Burpless Hybrid **EXCLUSIVE**

50 days. Seedless, burpless, and super-early, too! 8½- by 1½" cukes are sweet, crispy, and never bitter! Superb resistance to PM, S, DM, CMV.

**LIMITED SUPPLY.**

05129-PK-P1 (15 seeds) \$5.75 ea

3 for \$4.50 ea

### 4. Sir Crunch a Lot Hybrid **EXCLUSIVE**

60 days. 8-10" slicing cukes are bitterfree and crunchy, and they keep coming right through late summer on compact open-habit plants! Small seed cavity, great disease resistance. CMV, CCA, SF.

52536-PK-P1 (15 seeds) \$5.95 ea

3 for \$4.75 ea

### 5. Sweet Success Hybrid

54 days. A truly seedless cucumber. Slender, 14" fruit features thin, smooth skin and outstanding flavor; free of bitterness. Sets seedless fruit without pollination; if pollinated, a few underdeveloped seeds may be present. Resistant to CMV, S, TLS.

05592-PK-P1 (10 seeds) \$4.95 ea

3 for \$4.25 ea



1. Diva



2. Garden Sweet Burpless Hybrid



3. Park's All-Season Burpless Hybrid



4. Sir Crunch a Lot Hybrid

## PARK'S ULTIMATE VEGETABLE GARDEN COLLECTION

Collection includes 6 Favorite Garden Vegetables and Park's Bio Dome

Tomato Park's Whopper (page 61)

Pepper Karma (page 45)

Bean Prevail (page 19)

Cucumber Sir Crunch a Lot Hybrid (page 31)

Squash Contender (page 55)

Lettuce Summer Glory Blend (page 37)

1 Park's Bio Dome Seed Starter (page 134)

38070 ~~\$55.75~~ **NOW \$44.60**



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**SAVE 20%**



Free Shipping on All Seed Collections!

1-800-845-3369



600 WITH FISH

#### COLD CUCUMBER SAUCE

1 large cucumber, peeled and cut in  $\frac{1}{4}$ -inch cubes  
 Light sprinkling of salt, garlic salt and freshly ground black pepper to taste  
 1 cup sour cream or yogurt  
 Chopped dill weed  
 Sprinkle spices on cucumber cubes and chill thoroughly at least 30 minutes. Just before serving, fold into sour cream or yogurt and sprinkle generously with chopped dill weed or other herb. (If you use tarragon, be careful. It is pungent; don't add a lot.) Serves 4.



Helen Ellis of Farmington asked for a recipe for Half-Sour Dill Pickles. Virginia Cadbury of Cushing, Maine, writes, "Since we lived in Farmington for 25 years before retiring to Maine in 1974, I am particularly pleased to contribute my recipe clipped years ago from Gourmet magazine."

#### HALF-SOUR CUCUMBERS

12 small cucumbers	$1\frac{1}{2}$ teaspoons pickling spice
5 to 6 cups cold water	Fresh dill
$\frac{3}{4}$ cup white vinegar	A few garlic cloves
$\frac{1}{4}$ cup salt	
2 teaspoons sugar	

Wash the cucumbers and combine with the other ingredients in a 1-gallon jar. Let the jar stand for 48 hours. Store in the refrigerator. Good for at least a month, if they last that long!

Here's a cool, creamy summertime appetizer from Pauline J. Bogush of Bloomfield who swears it's "out of this world."

8-24-83

#### CUCUMBERS IN SOUR CREAM

2 cucumbers	1 tablespoon sugar
$\frac{1}{2}$ cup sour cream	$\frac{1}{8}$ teaspoon salt
1 tablespoon lemon juice	Sliced onion
1 tablespoon vinegar	Parsley

Soak pared and sliced cucumbers in cold water for about three hours. Mix sour cream with remaining ingredients. Drain cucumbers and add slices to sour cream mixture. Chill.

#### Tasty Dish Made With Cucumbers

On hot summer evenings, serve a light meal that features a cold meat platter, creamed potatoes, and a combination of cucumbers and green peppers.

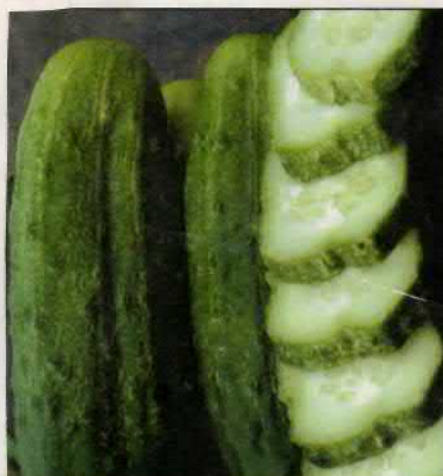
##### OLD-TIME CUCUMBERS

1 medium cucumber  
 2 small green peppers  
 2 tbsps. distilled white vinegar  
 1 tbsp. sugar  
 1 tsp. salt

Pare cucumbers and slice thin. Seed green peppers and cut into thin strips. In a shallow serving dish, stir together the vinegar, sugar, and salt; add cucumber and green pepper. Cover and chill, stirring a few times, before serving. Makes 4 servings.



## Organic Satsuki Madori Cucumber



1.

MY DECISION-MAKING SKILLS  
RESEMBLE THOSE  
**OF A SQUIRREL**  
TRYING TO CROSS  
THE STREET

## Cucumbers Spark Interest of Guests

By KATHY LEGG  
*The Washington Post*

I never liked cucumbers until dinner one night at a friend's house. This friend was fascinated with the Japanese — their culture, their country, their food.

For this dinner, she had spent hours preparing an amazing Japanese meal and we were appreciative.

But the most memorable part of the complicated dinner was an uncomplicated plate of marinated cucumbers set on the table to keep us occupied while the main dishes were being removed from the wok.

The cucumbers were quartered into strips and seasoned with soy sauce and spices.

Since then I've tried to recreate my friend's recipe and have discovered that exact measurements aren't important. You can use as much or as little as you like of any of the spices (depending on your own prejudices), and the result will still be wonderful. The marinade will keep for a while in the refrigerator, and you can just keep adding cucumbers.

Here then is my rendition of my friend's recipe:

### Marinated Cucumbers

- 1 cup sesame oil
- 2 to 3 tbsps. soy sauce
- 2 to 3 tbsps. vinegar
- $\frac{1}{2}$  tsp. salt
- 2 to 3 minced garlic cloves
- 1 tsp. grated ginger
- 1 tsp. crushed red pepper
- 5 to 6 medium cucumbers, peeled

Combine the oil and spices and mix well. Quarter the cucumbers lengthwise and cut in half. Marinate the cucumbers at least 30 minutes (the longer, the better). If you go for longer, it's best to slip the cucumbers and marinade into the refrigerator.

2.



3.

ON the surface:  
cool as a cucumber  
ON the inside:  
squirrel in traffic



- Self-pollinating
- Protect from cucumber beetles by using row cover

Great tasting and highly productive.

### Sweet Success Cucumber

These cucumbers are crisp, mild and easy on the digestion. Its all-female vines tolerate scab and mosaic virus. Produces firm, seedless 14" fruits early in the season. Easy to protect from cucumber beetles by using row cover, which doesn't need to be removed for pollination. 54 days to maturity.

# Vacation Of A Lifetime:

By Paulette Talamelli  
Special to the Harbor News

A friend once told me that as you get older you want less. Guess what? She was right.

If I had my way, we would sell the house and keep a small locker where we could have a change of clothes and travel around the world. When I was younger, my mother used to say that I wanted so many things in life that if you gave me a roll of toilet paper and a typewriter (that was before computers) that I would need another roll. Well, I agree. I had received so many pieces of jewelry, clothes and knick-knacks that I didn't know what to do with them. So every time my children asked me what I wanted for my birthday, Christmas and all the other holidays, I told them to keep a book and put small amounts of money in it and then send me on a trip.

The result was the trip of a lifetime. My daughter-in-law and I went to Athens, Greece.

It was a much-needed vacation. My children knew how busy I was because they saw me pour cereal in a cup, add milk, and "munch drink it" on my way to work.

The combination of tranquility and high spirits in enchanting surroundings is what gives Greece the impression of being a modern noblewoman. And this I was.



Kitchen Witch

We arrived in Athens and visited all the archaeological sites: the Acropolis, Roman Forum, Temple of the Olympian Zeus, among others. It is mind boggling to realize these sights were built so many years before the birth of Christ.

After a few days in Greece, the adventure began. We took a plane to the Island of Corfu - first appearing on the scene at the dawn of time when it gave refuge to Jason and the Argonauts on their return from their quest for the Golden Fleece. I didn't find the fleece, but boy, did I shop at this tropical island with a Hawaiian beat. We stayed at the Corfu Palace where, in fact, I was treated like a goddess - thanks to a relative, who is based at the U.S. Embassy.

We wined and dined at the finest restaurants and visited many sights. Literary figures such as Goethe,

Oscar Wilde, Gerald and Lawrence Durrell, the painters Alfred Sisley and Edward Lear, immortalized with their pen or palette Corfu's inimitable enchantment. Now it is my turn.

The temperature was in the high 70s with little or no humidity. Not a cloud in the sky. My first thought was, "Pinch me, I'm dreaming."

Traffic is busier than New York on a slow day. Even though the pace is fast, people seem to enjoy the finer things of life. Work starts at the usual time, but about 10 in the morning everyone stops for a "frappe." This is coffee laced with whipped cream. When they told me they were stopping for a frappe, I thought they were talking about ice cream. I said "no." I wanted coffee. When the drinks arrived, I immediately changed my mind and had a frappe.

After a tough morning of shopping - and do I mean shopping - we stopped for lunch on top of a mountain overlooking the Garitsa Bay. Lunch is served from 2 to 5, and all the shops and points of interest are closed during that time. There are no menus. The waiters tell you what they have, and it is served family style with barrel-wine. (That is wine of the area.)

The first course consisted of a yogurt and cucumber dip called Tzatziki to be followed by a salad of tomatoes, feta cheese, and cucumbers

accompanied by large loaves of crusty bread. Then came a spinach pie called Spanakopita that was to die for. While meat is not always offered, we had lamb done in a spicy sauce.

After lunch and many glasses of wine, we were forced to rest by the pool. Was I a goddess or what? Even at the pool there was food and wine.

The dinner hour starts at 9 o'clock. Most of the restaurants are outdoors overlooking ancient ruins that give you the feeling that any minute Zeus will appear to join you. Unfortunately, he didn't show up. But the waiters were cute.

After dinner, we were treated to a midnight boat ride. With a full stomach of barrel-wine and a rough sea, in my fluent Greek I told the captain, "No rocka, I peuka." He spoke English and replied, "Yes, Madame."

When I arrived home, I tried to tell my husband to call me "Madame." Well, that was what they called me in Greece. That was short lived. If laughter and fun are good for your health, I will live to be a thousand.

On this fascinating island we had the unique opportunity of getting to know the Island of Corfu rarely seen by tourists. One of the local women gave me her recipe for Tzatziki. Their yogurt is of a slightly thicker consistency so you might want to adjust the oil.

## Summer Vegetables

**Ingredients:**  
Cucumbers  
Red onions  
White rice  
Frozen peas  
Tomatoes  
Italian dressing

**Instructions:**  
Cook rice. Dice tomatoes, cucumbers and onions. Cook peas until done. Combine all ingredients. Pour in Italian dressing (to taste) and stir to mix in. This can be served hot or cold. A good summer dish.

More recipes at [CountryDoor.com](http://CountryDoor.com)

# Greece Is The Word

## Tzatziki (Yogurt and Cucumber Dip)

1 large cucumber, seeded and cut into matchsticks

1/2 teaspoon salt

1/2 pint plain yogurt, drained of liquid

3-4 tablespoons olive oil

2-5 cloves garlic, minced

4 fresh finely shredded mint leaves or 2 tablespoons dried mint or 1 small bunch finely chopped parsley

Salt the cucumber strips and dry on paper towel for one-half hour. Whisk together the olive oil and garlic, and combine with the yogurt. Stir in the cucumber and chill. Just before serving, stir well and add the mint or parsley. Serve as a spread or dip on bread or raw vegetables.

# Norwalk Diner Features Greek Food,

By JANE and  
MICHAEL STERN

Universal Press Syndicate

CT.

## A Taste of America

Most restaurants are merely businesses, while others have personalities. You like them, not just because they serve good food, and not even because you happen to like the people who work there. The restaurant itself wins your affection and loyalty.

That's the way we feel about the Silver Star in Norwalk, Conn. It is a huge establishment, a modern modular diner that has a long counter and two dining rooms, with booths, tables, chandeliers and busts of classical philosophers. It's pastry case is filled with specimens of the baker's art so magnificently constructed they would make a baroque sculptor envious.

It was not the diner's grandiosity that first won our hearts. It was the air conditioning. Many years ago, during a severe heat wave, we ate lunch and dinner at the Silver Star all week. It was so cool; the upholstered booths were so comfortable. And the multi-page menu, about 1

zillion items long, allowed us to order something new every meal. (And the prices were low enough for us to afford the spree.)

We ate farmer's omelettes and fisherman's platters, Jewish blintzes, Italian spaghetti, French toast, Texas T-bones, New England chowder and superb Greek specialties such as feta-topped salad, spanakopita and baklava. We went around the world in a dozen meals, and always into the stratosphere for one of those celestial desserts. Since that sweltering week, the Silver Star has become a regular haunt for us, an old reliable.

Although it is a democratic restaurant that welcomes every class of clientele, there is something distinctly luxurious about the Silver Star. The booths are wide and tables are set far apart. You get the feeling when you settle in that no expense has been spared to make guests comfortable.

And then there are the Savvidis



brothers and their large extended family, who own and operate the restaurant. These guys — Andreas and Alex and Tasos and their gal Friday, Nancy Gierwielanec — invented hospitality. We cannot count the number of times we have swapped stories with other local eat-

ers about the Savvidis' spontaneous generosity: the Christmas fruitcakes Alex gave away; the champagne Andreas uncorked for birthday meals; and the way the brothers turn on their irresistible Hellenic charm when meeting friends and relatives of their regular customers. Even if

THE HARTFORD COURANT: Wednesday, September 10, 1986 E7

## Friendly Ambiance

they know you only as the folks who come in every Friday for lemon chicken and rice pudding, you quickly begin to feel you have a second family at the Silver Star.

The really good things to eat are the Greek specialties. Our favorite is souvlaki, a garlic-perfumed, grilled open-face pork sandwich. Nancy provided the diner's recipe. It tastes best if you grill the meat over an open fire and serve it on top of broad, thick (preferably homemade) pita bread rounds.

### SOUVLAKI

- 2 to 3 pounds lean, boneless pork, cut into 1-inch pieces
- 1 cup imported olive oil
- Juice of two lemons
- 1/4 cup dry white wine
- 3/4 tablespoon dry oregano
- 1/2 tablespoon black pepper
- 5 garlic cloves, crushed
- 6 to 8 large pita bread rounds
- 2 whole tomatoes, chopped
- 1 medium onion, chopped
- 1/2 cup shredded iceberg lettuce

Place pork cubes in large bowl. Make marinade of oil, lemon juice,

wine, oregano, pepper and garlic. Pour over meat, toss, cover and refrigerate overnight.

Thread meat on skewers and grill over hot coals or 6 inches below broiler, brushing with remaining marinade and turning frequently until cubes are cooked through.

Remove meat from skewers onto warm pita bread rounds. Garnish with tomato, onion and lettuce. Serve tzatziki on side (recipe follows).

### TZATZIKI

- 4 cups plain low-fat yogurt
- 2 medium cucumbers, peeled, seeded and diced
- 2 cloves garlic, finely minced
- 3 tablespoons fresh dill, finely chopped

Combine all ingredients in glass or earthenware bowl and chill several hours. Serve as dip with souvlaki or on lettuce leaves as salad dressing. Serves six to eight.

Silver Star: 210 Connecticut Ave., Norwalk, Conn.; 852-0023.





# Take Your Pick of Eggplant



**LIFE IS TOO SHORT  
TO WASTE TIME  
MATCHING SOCKS**



Louis Mervar

PARADE 8/3/80

*How to select, prepare and cook  
a versatile vegetable that  
growing numbers are discovering*

Wash whole, unpeeled eggplant; dry. Lengthwise, cut 3-4 rows of small gashes across eggplant. In these, make separate rows of small pieces of bacon; garlic slivers rolled in salt, pepper and basil; and small cubes of green pepper. Put eggplant in roasting pan. Combine vinegar, onion powder, pepper, oil; pour over eggplant. Cover pan, roast in 325° oven about 1 hour. Serve in slices with pan juice. Makes 2-3 servings.

## Eggplant Spread

Grill 1 large or 2 medium eggplant in their skins in 450° oven for 35-40 minutes. Peel soft eggplant and mash in a food processor or pound in a mortar with 2 cloves garlic, minced; salt and pepper; freshly grated nutmeg. Drop by drop, beat in about 1/4 cup oil for a thick puree. Add chopped parsley and the juice of 1/2 lemon. Serve chilled with crackers.

## One-Dish Supper

- 1 pound ground beef or lamb
- 4 tablespoons oil
- 2 tablespoons butter or margarine
- 1 small eggplant, cut in small cubes
- 3 onions, chopped
- 1 clove garlic, chopped
- 2 cups cooked macaroni or rice
- 3 large ripe tomatoes (2 cups canned)
- 1 teaspoon salt

Pepper, thyme, oregano to taste

In large skillet, cook ground meat, stirring, until browned. Drain fat; set meat aside. Heat oil and butter in same skillet; add cubed eggplant, onions and garlic. Stir to brown. Return meat to pan; add remaining ingredients. Cook stirring, about 10 minutes. Garnish with greens. Makes 4 servings.



Ratatouille, a hygge meal depicted in a painting by Anne-Marie Taylor in the annual juried show at Maple and Main

■ Last week's column referred to the Veggie Squares that "used to be sold" at M.J. Finkle's Restaurant and Catering of West Hartford. The Bishops Corner restaurant kindly supplied the recipe, and co-owner Mark Wolfberg called to say that the veggie squares are still on the menu.

■ Meg Graglia of the Broad Brook section of East Windsor asked for a recipe for the vegetable squares that used to be sold at MJ's restaurant at Bishops Corner. **Paul M. Finkle** and **Mark Wolfberg**, owners of what is now M.J. Finkle's Restaurant and Catering of West Hartford, sent in their recipe.

### VEGGIE SQUARES

6-15-94

2 tablespoons oil  
4 ounces onion, finely chopped  
1 clove of garlic  
½ pound of eggplant  
3 ounces carrots, grated  
2½ ounces celery, finely chopped  
2 ounces mushrooms, sliced

1 pound chopped spinach  
1 egg  
¼ pound cottage cheese  
¼ teaspoon basil  
Pinch oregano  
2 tablespoons grated Parmesan  
¼ teaspoon salt  
¼ teaspoon pepper  
2 ounces bread crumbs

■ Sauté onion and garlic until browned. Add eggplant and cook until well done (15-20 minutes). It will brown and stick, let it do so for added flavor. The mixture will wind up looking like a dark glop.

■ Add celery and carrots and cook until done. Mix in mushrooms and spinach, and turn off heat.

■ In food processor, blend egg, cottage cheese, basil, oregano, Parmesan and salt and pepper until it forms a smooth liquid.

■ Combine eggplant and egg mixtures, and stir in bread crumbs. Spread mixture into a greased baking pan. (Cooking-oil spray is recommended). Level and pack well into pan, no more than 1 inch thick. Bake in oven at 325 degrees F for 35 to 40 minutes.



# All About Eggplant



Cooks, taking inspiration from French, Middle Eastern and Italian cuisine, are discovering the versatility of eggplant, a fruit which is generally considered and eaten as a vegetable.

Although the eggplant has little nutritive value, it has body and substance and provides a base for non-meat entrees. A 3½-ounce portion of eggplant has 25 calories, so it can be indulged in by dieters.

Eggplant is often featured during the winter months, as it goes well in heavy dishes.

Select an eggplant that is heavy for its size, firm and smooth. The deep purple color should be uniform throughout. Large, rough, spongy areas indicate poor quality. Avoid eggplant with dark brown spots, a sign of decay.

Store eggplant in a cool place with plenty of humidity. A refrigerator vegetable drawer is most suitable, but eggplant should be used within a week.

## EGGPLANT ROLLATINE

- |                                     |  |
|-------------------------------------|--|
| 1 large eggplant                    | ¼ cup grated Parmesan cheese               |
| 3 eggs                              | 2 teaspoons chopped parsley                |
| 1 cup bread crumbs                  | ½ teaspoon salt                            |
| ½ cup olive or vegetable oil        | ¼ teaspoon pepper                          |
| 1 8-ounce package mozzarella cheese | 6 cups homemade meat sauce or tomato sauce |
| 1 1-pound container cottage cheese  |  |

- Trim ends of eggplant; cut lengthwise into 12 thin slices.
- Beat 2 of the eggs slightly into a pie plate; place bread crumbs in a second pie plate. Dip eggplant into eggs, then crumbs.
- Sauté slices, a few at a time, in oil, turning once, until soft and lightly golden in a large skillet; drain on paper toweling.
- Divide the mozzarella cheese in half, dice one half and cut the remaining into 12 slices. Combine cottage cheese, diced mozzarella cheese and Parmesan cheese in a small bowl; stir in remaining egg, parsley, salt and pepper. Pour two cups of homemade meat sauce or tomato sauce into a 13- by 9- by 2-inch baking dish.
- Spoon about ⅓ cup of cheese filling down the center of each eggplant slice; roll up, starting at the narrow end; arrange in a single layer baking dish. Pour remaining sauce over and top with the slices of mozzarella cheese.
- Bake in moderate oven 350 degrees for 25 minutes, or until bubbly hot.

## BAKED EGGPLANT

- 2 large eggplants
- ½ tsp. salt
- ¼ cup Butter flavor Crisco
- 2 eggs, lightly beaten
- ½ cup regular or skim evaporated milk
- salt and pepper
- 1 cup shredded American cheese
- ½ cup shredded Cheddar cheese
- 1 cup bread crumbs
- Paprika



Heat oven to 350° F. Grease 13 x 9 x 2 inch baking pan with Butter flavored Crisco. Peel and dice eggplant into 1 ½ inch pieces. Place in large saucepan. Cover with water. Add salt. Cook until soft. Mash eggplant. Stir in Butter flavored Crisco, eggs, evaporated milk. Season with salt and pepper.

Layer half each of eggplant mixture, cheese and crumbs in baking pan. Repeat. Sprinkle with paprika. Bake at 350° F for 30 to 35 minutes or until set. Garnish with paprika. 10 to 12 servings.

## Eggplant Whip

- 3 potatoes, cut in chunks
- ¼ cup hot milk
- 1 tbsp. butter
- ½ tsp. salt
- 1 eggplant, cubed
- ½ onion, chopped
- 1 clove garlic, crushed
- 2 tbsps. oil
- ¼ cup sliced black olives
- 1 tsp. dill weed
- 2 eggs, beaten
- ½ cup whole-grain bread crumbs
- 1 tsp. oil
- ⅛ tsp. salt

Cook potatoes. Mash with hot milk, butter and salt. Cook eggplant in 1 cup water till soft. Mash well. Sauté onion and garlic in oil till soft. Add to potatoes with eggplant. Preheat oven to 350 F. Stir olives, dill weed, and beaten eggs into potato-eggplant mixture. Spoon into greased oven dish. Bake for 45 minutes. Halfway through baking time, sprinkle crumbs, mixed with oil and salt, over casserole. Makes 8 servings.



In place of the usual French fries, serve fried eggplant sticks with hamburgers, hot dogs or fried chicken. The family will be pleasantly surprised by the change.

### Fried Eggplant

- 1 medium eggplant
- 1 egg
- ¼ cup milk
- 1 teaspoon corn oil
- 1 teaspoon salt
- Flour
- 1½ cups fine dry bread crumbs
- Corn oil for frying

Pare eggplant, cut into ¼-inch slices or into sticks. Beat eggs lightly, then mix in milk, 1 tablespoon corn oil and salt. Dip eggplant into flour, then into egg mixture. Drain well. Roll in bread crumbs, coating each piece completely.

Pour corn oil into skillet to depth of ¼ inch. Heat over medium heat. Fry eggplant in hot oil, turning once, until golden brown, 2 to 3 minutes on each side. Drain on absorbent paper. Makes 6 servings.

**FRIED EGGPLANT**... Slice, or cut as French-fried potatoes, dip in beaten egg, then fine crumbs or flour. Pan- or deep-fry.

**MAZOLA** makes so many good things... better!

2-294  
■ **Gloria Weitowitz** of **New Britain** asked for some recipes using eggplant. This first recipe, Eggplant Patrice, was sent in by **Roberta J. Ellms** of **North Canton**. She says her family loves it, and it is easy to make. "I'm not sure of its origin, but I have a strong recollection it was clipped from The Courant Food Section many years ago. . . . I believe it was referred to as 'Eggplant Patrice' because it was either created by or a favorite of the famous Metropolitan Opera star Patrice Munsel."

### EGGPLANT PATRICE

- |  |   |
|--|---|
| 1 small eggplant                         | chopped   |
| 4 medium tomatoes, sliced                | ¾ pound sharp cheddar cheese, sliced ½ inch thick                 |
| 2 medium green peppers, diced or chopped | Seasoning: salt, pepper, garlic salt, monosodium glutamate, sugar |
| 2 medium onions, diced or                |   |

- Slice unpeeled eggplant ¼ inch thick, parboil until partially tender.
- Place layer of eggplant slices in ungreased casserole dish. Add layer of tomatoes and fill space with mixture of peppers and onions.
- Sprinkle lightly with each of the seasonings. Add layer of cheese.
- Repeat the layers until casserole is filled — ending with cheese.
- Cover and bake at 400 degrees F for about 30 minutes.
- Remove cover, reduce heat to 350 degrees and cook until eggplant is tender and sauce is thick and golden (about 30 minutes.)
- This eggplant recipe was sent in by **Pauline Bogush** of **Bloomfield**. She found it in a supermarket cookbook.

### FRENCH FRIED EGGPLANT

- |                         |                        |
|-------------------------|------------------------|
| 1 medium-sized eggplant | 1 egg, slightly beaten |
| Salt                    | 2 tablespoons water    |
| Pepper                  | Fine, dry crumbs       |
| Flour                   |                        |

- Pare eggplant and cut in finger lengths. Soak in salted water 1 hour. Drain and dry thoroughly. Sprinkle with salt and pepper and dredge with flour. Dip in slightly beaten egg that has been diluted with water, and roll in crumbs.
- Fry in deep hot fat (385 degrees F) until golden brown. Drain on soft paper. Yield: 6 servings.
- This recipe was sent in by **Joseph Rabitaille** of **New London**. He says it's one of his favorites.

### Simple Stuffed Eggplant

- 1 large, firm eggplant
- 1 tbsp. grated onion
- 3 tbsps. chopped green pepper
- 1 cup chopped celery
- 2 tbsps. olive oil
- 1 cup canned or fresh tomatoes
- 1 egg, beaten well
- 1 tsp. salt
- 3 tbsps. butter

½ cup whole-grain bread crumbs

Steam eggplant, whole, about 20 minutes, until tender. Preheat oven to 350 F. Sauté celery, pepper, and onion in oil. Cut eggplant in half lengthwise and carefully remove pulp. Cut pulp into small pieces and combine with onion, pepper, celery, tomato, egg and salt. Heap into shells. Top with crumbs and dot with butter.

Place in baking pan. Place ¼ inch of water in pan to prevent sticking. Bake at 350 F for 20 to 25 minutes. Makes 6 servings.



Of all the many ways to cook and serve eggplant, Mrs. Patrello's has won us over so completely that henceforth this is our dish whenever there's an eggplant in the house. It's filling enough for a main dish, though the Patrellos serve it as an accompaniment to meat.

#### EGGPLANT PARMIGIANA

Wash but do not peel  $1\frac{1}{4}$ – $1\frac{1}{2}$  pounds eggplant. Slice thin. Beat 2 eggs lightly; season with salt and pepper. Dip the eggplant slices in and out of the egg and sauté in hot salad oil. The oil should be at least  $\frac{1}{2}$ " deep in a large skillet. Fry the eggplant until golden brown on both sides and drain on paper towels. Have ready 2 cups tomato sauce (see basic tomato sauce in Three-Way Spaghetti Sauce recipe P. 149),  $\frac{1}{2}$  pound mozzarella cheese, cut into thin slices, and  $\frac{1}{4}$  cup grated Parmesan or Romano cheese. Arrange alternate layers of eggplant, mozzarella cheese and tomato sauce in a rectangular pan or baking dish until all is used. Sprinkle the  $\frac{1}{4}$  cup grated Parmesan or Romano cheese over the top. If there is any of the beaten egg left over, pour this over the top. Bake in a moderate oven,  $350^{\circ}$  F., until well heated through—about  $\frac{1}{2}$  hour. Serves 6–8.

Bless the Lord, my soul; do not forget all the gifts of God.  
Psalm 103:2



# Beyond Delicious Eggplant Parm

## CÀ LA CARTE

with Lee White



### Here's a Recipe That Will Please Vegetarians and Omnivores Alike

By Lee White

February 16, 17

I made lots of Bolognese and froze the sauce so there would be enough for the winter. One couple said that would be great, but did I know that he is a vegetarian? Those of us who are carnivores figure once you figure out the meat, everything else falls into place, so the dinner called for a change-up. What shall I make, I wonder? What is even better than Bolognese? Eggplant Parm, of course, with a big salad, garlic bread and, perhaps, a blueberry (or apple) pie. This recipe comes to me from my ex-neighbor, Kathy, who got it from the Fatone family. Evidently, Sam Gejdenson used to make the Fatone family recipe to great fanfare. It is beyond delicious.

Here's a quick recipe for Eggplant Milanese from the booklet: In an 8-by-12-inch baking dish, pour a thin layer of tomato sauce. Add a layer of eggplant slices, a layer of onion rings and a layer of sliced green peppers. Sprinkle with 3 large cloves of minced garlic. Cover with tomato sauce, add another layer of eggplant and more sauce. Bake at  $350^{\circ}$  F about 1 hour or until the vegetables are soft.

### Eggplant Parmigiana

#### Ingredients

2  $\frac{1}{2}$  pounds eggplant  
2 cups all-purpose flour  
6 to 7 large eggs, lightly beaten  
3 cups finely ground regular breadcrumbs or Panko breadcrumbs  
 $\frac{1}{4}$  to  $\frac{1}{2}$  pound thinly sliced provolone cheese  
 $\frac{1}{4}$  cup freshly grated Parmigiano-Reggiano cheese  
4 cups or more marinara (use a very good jarred sauce or the recipe below)



#### Directions

Preheat oven to 400 degrees. Line two baking sheets with parchment paper or silicone baking mats.

Slice the eggplant into rounds or ovals, using a very sharp knife, or using a Cuisinart with a slicing disk adjusted to 4 mm.

Put flour, eggs, and breadcrumbs into individual shallow containers. Dredge each slice first in flour, then in eggs, then in breadcrumbs. After dredging in each ingredient, tap the eggplant to remove any excess. Arrange eggplant in single layers on both sheets. Bake in oven for 20 minutes. (You can flip them halfway through, but I don't.)

When the eggplant is done, take the pans from the oven and reduce oven temperature to  $375^{\circ}$  degrees. In two 13-inch by 9-inch pans, begin to layer the eggplant, beginning with a ladle of marinara, then eggplant, then provolone, followed by marinara, eggplant, and provolone until done. Top with a layer of Parmigiano-Reggiano. Bake until cooked through, about 15 to 20 minutes.

### Easy and Delicious Marinara

This is my go-to recipe. If you use it with pasta, by the time your pasta water is boiling, the red sauce is ready.

Yield: enough for Eggplant Parm with some leftover to have with eggs the next morning.

#### Ingredients:

4 tablespoons extra-virgin olive oil  
1 large onion, chopped fine  
4 large garlic cloves, minced  
2 28-ounce cans excellent whole canned tomatoes  
(I use Muir Glen, available at BJ's)\*  
Salt and pepper, to taste  
Few shakes of red pepper flakes (optional)

#### Directions:

In a large skillet, warm olive oil over medium heat. Pour in onions and sauté until just translucent, about 5 to 6 minutes. Add garlic and cook for another 2 to 3 minutes. Pour in tomatoes and cook for about 10 minutes. Season with salt and pepper, to taste. Add red pepper flakes, if you like it a bit spicy.

\*I now puree the tomatoes in my blender or food processor. If you like it chunkier, use a potato masher or your hands to the chunkiness you prefer.



# No Chickens Necessary

## EGGPLANT



### An Italian Classic

How do you make your eggplant parm? Here's a recipe we tried recently, and we'd love to hear about yours.....

Over the past few weeks, I have been ahh-ing and ooh-ing over the gorgeous eggplants available in local farm markets and in the supermarkets.

Although my husband and I like most foods, it's difficult to get Doug too excited about eggplant. I think he doesn't like the fact that it's a bit watery, or maybe it's the texture. For some people, eggplant is sort of like chewing cotton balls. And my husband's dislike was heightened when I found out, and told him, that eggplant carries little, if any, nutrition. However, even he likes eggplant parmigiana, perhaps because eggplant's cotton-y texture absorbs hot fat and gets crunchy and luscious.

You can find eggplant all year, but it's at its peak in September

## ALA CARTE

with Lee White



and early October. According to *Food Lover's Companion*, choose a fruit (and it is a fruit, not a vegetable) that has a smooth, glossy, dark purple skin that's firm and that's heavy for its size; avoid those with soft or brown spots. With age, eggplants become bitter and are quite perishable. Buy one and use it within a day or two.

When I make eggplant parmigiana (or eggplant parmesan), I use a recipe so incredibly good, it has stood as the paragon for eggplant parm on the shoreline since the early '50s, when Vito

Fatone opened his first restaurant on Bank Street in New London. Some years later he moved his restaurant to Route 156 in Niantic and then it closed in 1986, but this recipe was a lure for generations. Even former congressman Sam Gejdenson made this recipe for various fundraisers and he learned it from Vito himself.

I came upon this dish when my neighbor, Kathy King of Old Lyme, made it for me. Many years ago she worked at Fatone's and Vito's daughter, Anita Fatone Speirs, is a good friend of hers. Between the two of them, the recipe below can now be shared with all of you, along with the recipe for a great red sauce from Chester's Charles van Over's award-winning cookbook.

## Eggplant Parmesan

Eggplant peaks in September & early Oct.

Adapted from the original recipe of Fatone's restaurant in Niantic

Yield: Serves 4 to 6

2 to 4 perfect eggplants

(ask your produce person for the gorgeous ones)

salt

4 to 5 eggs

flour for dredging

vegetable oil for frying

marinara sauce (recipe follows)

1/2 to 1 pound thinly sliced provolone

freshly grated parmesan cheese

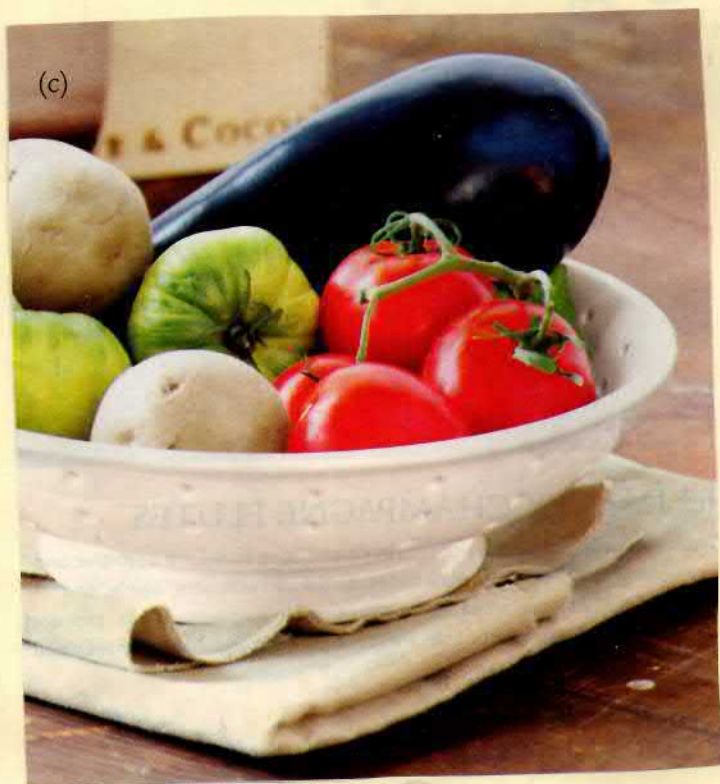


The day before you plan to make the dish: peel the eggplants and slice off the top crown. With a slicer or a mandoline (or with a very steady hand), slice the eggplants vertically 1/4" to 1/2" thick. On one or more cookie sheets, cover with paper towels. Place eggplant slices on towel, with no overlapping, and salt liberally. Place another paper towel, more eggplant and salt, ending with paper towel. Place in refrigerator for at least 8 hours or overnight. (I changed the paper towels halfway through.)

When all liquid has seeped from the eggplant slices, begin the frying process (and it's nice to have help for this: one person eggs and flours, the other fries). Beat the egg in a large bowl and place lots of flour on a plate. Coat eggplant slice in egg, dredge in flour, patting flour on both sides and shaking off excess. Fry in single layer, in batches, in about 1/2" of oil (temperature of oil should be at least 350 degrees). Drain on paper towels.

To assemble: In a large baking or gratin dish, spread a thin layer of sauce. Lay slices of fried eggplant over sauce. Top with slices of provolone and cover with sauce. Repeat until done, ending with sauce. Sprinkle with freshly grated parmesan cheese.

Bake at 350 degrees for about 30 minutes, or until bubbling. This can be served hot or at room temperature. If you want to assemble the dish earlier in the day, it can sit on the counter for a few hours before baking.



# Eggplant Parm: Ditching the Mozz

Linda Loves It.

So Does Her Brother.

You Might Too

By Pam McMerney  
Living Editor

Last week I wrote about my efforts to crack the code on that classic dish, eggplant parm. And I asked readers to send their recipe if they had one they liked. Linda A. Subbloie, an *East Haven Courier* reader, and a second generation Italian American from Morris Cove on the East Haven/New Haven town line, sent in her favorite recipe. She ditches the mozzarella, which is fine by me because I can never pronounce it correctly anyway. Linda's recipe

is new to us, in that she also skips the baking step. She also skips the salting and sweating of the eggplant used at the beginning of some recipes.

"It's not necessary and the eggplant is never bitter," she says.

She is a "less is more" girl. Sounds good to us!

If you have another take on eggplant parm you like, or any seasonal recipe, for that matter, be sure to let me know at [p.mcmerney@shorepublishing.com](mailto:p.mcmerney@shorepublishing.com) and we'll share it with our readers. (Find my original "Cracking the Code for Eggplant Parm" story at [www.zip06.com](http://www.zip06.com).)

For Linda's recipe, you'll need flour, beaten eggs, Italian bread crumbs, eggplant, extra virgin olive oil or other neutral oil of your

choice, a high quality Parmesan or Romano cheese to grate, hot fresh homemade tomato sauce made with basil, garlic, and parsley. Be sure to have plenty of paper towels on hand.

Here's what Linda has to say:

Hello Pam:

I'm second generation Italian American and I grow eggplant in my Morris Cove garden every year. Here is my version of eggplant parm truly loved by my family members, especially my brother.

I ditched the mozzarella and only use Parmesan or Romano cheese. I don't bake it because it makes it mushy in my view.

Line up your dishes—one for the flour, one for the beaten egg, and one for the Italian bread

crumbs. Slice the eggplant about a quarter inch. (Not too thin because that means mushy!) Mix some Parmesan or Romano cheese into the bread crumbs. (This gives the fried eggplant a nice crispy brown coating).

Dip the slices in the flour, the egg and then the bread crumbs. (No need to measure anything)

Fry the eggplant slices in a mix of extra virgin olive oil and any other oil of choice.

Single layer to drain on paper towels. Put a very thin layer of your hot fresh homemade tomato sauce (with basil, garlic and pars-

ley) at the bottom of the baking dish. Not too much. You want to see the nice layer of eggplant. I place the eggplant in the dish so each slice is touching each other;

NOT overlapping. That would run the dish.

Place the layers of eggplant in the pan, one layer at a time. Roll-up each layer with the sauce and the grated cheese of your choice. Not too much sauce. You /don't want it swimming. Yuck. Less is more.

You want to be able to see the breaded eggplant slices amongst the sauce. (You should be able to lift a nice piece of eggplant out of the dish without it swimming in sauce and it will be a bit chewy—not mushy)

DO NOT BAKE. It's not necessary and ruins the dish.

There you have it. Linda A. Subbloie

For an Italian meal, prepare eggplant parmigiana. Accompany the dish with an antipasto plate, bread sticks, Chianti wine and lemon ices for dessert.

Whether it's similar to the one served at the Old Towne restaurant in Windsor or not, A. Griffin of Bloomfield gets an eggplant parmesan recipe from Yolanda Christadore of Willimantic.

## EGGPLANT PARMESAN

- |  |                                   |
|--|-----------------------------------|
| 1/4 cup salad oil                          | 1/4 cup grated parmesan cheese    |
| 1 large eggplant, cut into 1/4-inch slices | 2 cups shredded mozzarella cheese |
| 1 15-ounce jar of spaghetti sauce          |                                   |

In a 12-inch skillet over medium high heat, sauté eggplant in oil, a few slices at a time, until golden brown on both sides, adding more oil as needed. Remove eggplant slices as they brown, and allow to drain on paper towels. Preheat oven to 350 degrees F. In an 8-by-8-inch baking dish, spoon about 1/3-cup spaghetti sauce over the bottom of the dish. Arrange half of eggplant slices on sauce, sprinkle with half of parmesan cheese and top with remaining spaghetti sauce, then half of mozzarella cheese. Repeat layering with remaining eggplant, parmesan cheese, spaghetti sauce and mozzarella cheese. Bake, uncovered, for 25 to 30 minutes until cheese is melted and mixture is heated through. Makes four servings.



## Eggplant Parmigiana

- 1/2 cup corn oil, divided
- 1/4 cup finely chopped onion
- 1 clove garlic, minced, optional
- 3 (8-ounce) cans tomato sauce
- 1 tablespoon finely chopped parsley
- 1/4 teaspoon pepper
- 1 medium (about 1 1/2 pounds) eggplant, pared and cut into 1/4-inch slices
- Lemon juice
- 1 egg, slightly beaten
- 1/4 cup milk
- Flour
- 1/2 pound mozzarella cheese shredded (2 cups)
- 1/2 cup grated Parmesan

Heat 1/4 cup corn oil in large skillet over medium heat. Add onion and garlic; saute, stirring occasionally, until tender. Stir in tomato sauce, parsley and pepper. Bring to boil; reduce heat and simmer 1/2 hour.

Brush eggplant slices with lemon juice. Mix together egg, milk and 1 tablespoon corn oil. Coat eggplant with flour. Pat excess off. Dip into egg mixture. Drain.

Heat 1 tablespoon corn oil in large skillet over medium heat. Add eggplant and fry until golden brown on both sides, adding more corn oil as needed. Arrange alternate layers of sauce, eggplant and cheeses in 11-by-7-inch baking dish. Repeat until all is used. Bake in 350-degree oven 30 minutes or until thoroughly heated. Makes 6 servings.

# Mid-winter vegetables

By Vicki Oppenheimer

NAPLES, Fla.

At this time of the year the usual menu gets somewhat dull, without garden vegetables to spark the appetite. It's time to put new life into some old favorites.

## EGGPLANT CASSEROLE

- 1 medium eggplant, diced
- 2 onions, chopped
- 1/3 cup salad oil
- 1 cup canned tomatoes
- 1/2 cup cooked chick peas
- 1 cup yogurt
- 1 cup bouillon or vegetable stock
- 2 Tbs. pine nuts

Saute onions and eggplant in oil until barely soft. Add tomatoes, yogurt and bouillon, simmer for about 10 minutes, until the liquids are combined. Add chick peas and pine nuts and simmer for a few more minutes. You can serve this as a vegetable, or you can add meat that has been browned to create a one-dish casserole. About one-pound of meat would be sufficient, cut into 1-inch cubes. If you are making a casserole of this, it will need additional liquid. Some dry white wine would add to the flavor, but stock or water will also create a very delicious meal. If you use this as a vegetable, you do not want to over-cook it, because the chick peas and pine nuts add distinctive texture and taste. A touch of saffron gives it a mid-East look.

If you are combining it with meat, you can either simmer it on top of the stove, or put it in a 325° oven for at least an hour.

## RAGU ALLA BOLOGNESE

- 1/4 pound salt pork, chopped
- 3/4 pound chuck or top round, ground
- 1/4 pound lean veal
- 1 medium onion, sliced thin
- 1 stalk celery, diced
- 1 clove
- 1 cup beef stock
- 1 Tbs. tomato paste
- 1/2 tsp salt
- Fresh pepper
- 1 cup water
- 1/4 pound mushrooms, coarsely chopped
- 2 chicken livers, cut up
- 1/2 cup heavy cream

You can use lamb or beef, but you will have to fork test it for tenderness, because cooking time will depend on the cut of meat you have chosen. If you have a long cooking period, you will have a thick sauce, rather than distinct vegetables. You need to watch this so it does not burn. Of course you can add a larger quantity of meat if you want to make a more important meal out of it.

Incidentally, I have been adding eggplant to tomato sauce to thicken the sauce and add flavor and then combine it with almost any type of pasta.

Recently I met a really great chef who comes from Bologna, Italy. He was scornful of my sauce, although he seemed to eat with gusto. The following, he tells me, is authentic Bolognese Sauce.

Eggplant

Put chopped salt pork into skillet, fry until brown. Pour off some of the fat. Add beef, veal, onion, carrot, celery and clove. Stir in skillet until meat is brown. This is best accomplished over fairly low heat. Add the stock and continue cooking slowly until the quantity is reduced — about 1/2 hour. Add tomato paste, salt, pepper and 1 cup of water. Cover pan tightly and cook on low heat for 1 hour. Add mushrooms and chicken livers and cook 15 minutes longer. Add the cream just before serving; heat through but do not bring to a boil. This is of course from northern Italy, and it is quite different from the sauces we are accustomed to which come from Naples. Because I stay away from animal fat I used margarine rather than salt pork, and added some additional salt. I don't know how much better it would be following the exact ingredients, but this was certainly a success over home made noodles.

I plan to use it with plain boiled rice. It is a rich-tasting sauce and does not need a particularly delicate taste like homemade noodles to enhance it. Noodles with butter and some freshly grated Parmesan cheese have a claim to mid-winter enjoyment. □

Northwest



If the tasty purple globe called eggplant is still fairly new to you, now is the season to join the growing number of Americans who are cooking up this versatile vegetable for appetizer, side or main dish.

Two myths about eggplant: Some cooks believe you must peel eggplant, sprinkle slices with salt, and let stand to render juices and improve flavor. Result—a soft, salty eggplant. We simply cut and cook. Some believe the female of the vegetable is milder. All eggplant are female! The best to choose are firm, smooth, and heavy for their size.

### Eggplant Dome Casserole

- 1 eggplant, about 1 pound
- 1/2 cup seasoned flour
- Oil for frying
- 1 clove garlic, bruised
- 2 green peppers, cut into strips
- 2 medium onions, diced
- 1 cup seasoned bread crumbs, divided
- 2 ripe red tomatoes, thickly sliced
- 1/2 pound mozzarella cheese, diced
- 3 eggs
- 3/4 cup milk
- Salt, pepper, allspice, thyme, parsley

Cut unpeeled eggplant into slices about 3/8" thick. Dip in seasoned flour. Heat several tablespoons oil in large skillet with garlic. Brown slices on both sides. Lightly sauté pepper strips, then sauté diced onion. Butter a 2-quart oval or round casserole; sprinkle lightly with bread crumbs. Overlap eggplant slices, sliced tomatoes and sautéed pepper strips in casserole. Sprinkle generously with more crumbs, then sautéed onions and diced cheese. Repeat layering, ending with crumbs. Beat eggs with milk and seasonings; pour over casserole. Bake at 350° until golden and cooked through, about 45 minutes. Remove from oven, let stand 10 minutes. Loosen sides with knife, place serving plate over top and invert to turn out. Makes 6-8 servings.

### Zesty Eggplant 'Roast'

- 1 eggplant, about 3/4 pound
- 2-3 strips bacon
- 3-4 cloves garlic, slivered
- Salt, pepper, basil
- 1/2 small green pepper, cubed
- 1/4 cup cider vinegar
- 1/4 teaspoon onion powder
- 1/4 cup oil



### PASTA WITH ROASTED GARDEN VEGETABLES

- 1 each red, green and yellow bell pepper, cut into 1/2-inch strips
- 2 red onions, cut into 1/2-inch slices
- 2 yellow squash, cut into 1/2-inch slices
- 1 small eggplant, cut into 1-inch chunks
- 6 large garlic cloves, peeled and halved
- 3 tablespoons extra-virgin olive oil
- 1/4 cup finely chopped Italian flat leaf parsley
- 2 teaspoons finely minced fresh thyme leaves or 1 teaspoon dried
- Salt and freshly ground black pepper
- 1 pound penne, radiatore or other pasta
- 1/3 cup grated Parmesan cheese

■ Preheat oven to 400 degrees F. Divide vegetables and garlic between 2 large, flat roasting pans or cookie sheets, spreading evenly. Add olive oil (1 1/2 tablespoons for each pan) and toss vegetables to coat evenly. Sprinkle with parsley and thyme.

■ Bake, stirring frequently, until browned and tender, about 40 minutes. Season with salt and pepper. Meanwhile, cook pasta. Ladle out 1/2 cup of the pasta cooking liquid and reserve. Drain pasta. Toss with the vegetables, reserved cooking liquid and Parmesan cheese. Sprinkle with additional Parmesan, if desired. Serves 6-8.

■ Per serving: 345 calories, 9 grams fat, 3 milligrams cholesterol, 229 milligrams sodium; Percent calories from fat 22 percent.

## Adding flavor with vegetables, seasonings

### Dallas Morning News

You don't have to give up flavor when you give up meat. Here are some ideas for simple meatless dishes.

- Fold cooked vegetables, such as zucchini, potatoes, bell peppers and onions, into beaten eggs and fry up an omelet or frittata.

- Toss cooked pasta with a mixture of cottage cheese (or ricotta), chopped fresh herbs and Parmesan cheese. Serve as is, or add eggs and bake in a casserole for about 1 hour at 325 degrees.

- Give tuna salad a fresh, lighter approach, by adding cilantro, chopped green onion, fresh lime juice and chopped tomato to well-drained canned tuna. Serve in a pita pocket, a steamed corn tortilla or over lettuce.

- Purée canned black beans or kidney beans with minced garlic and jalapeño to use as a filling for enchiladas, burritos or tacos.

- Toss fusilli pasta with butter or olive oil, cooked frozen corn and fresh snipped chives.

- Cook 1 cup dried lentils in 3 cups water with a lightly browned mixture of chopped onion, 4 minced garlic cloves and 1/2 teaspoon cumin seed. Season with salt and cayenne pepper and serve over rice or in a tortilla.

- Toss cooked cubed potatoes and lentils with pesto.

- Grill or broil eggplant or zucchini slices brushed with garlic-basil olive oil. Serve on French bread with melted mozzarella.

- Add chopped broccoli or spinach to ready-made quiche filling and pour into prepared pie crust.

## EGGPLANT

Small, Medium, or Large

■ Caponata is similar to the French ratatouille; a thick stew of eggplant, onions, tomatoes and herbs. A Sicilian dish, caponata is versatile — it can be served as a side dish, a salad or a relish with meat or poultry.

### CAPONATA

1 small eggplant  
1/4 cup olive oil  
1 medium onion, chopped  
1/3 cup chopped green pepper  
2 garlic cloves, crushed  
1 4 1/2-ounce jar whole mushrooms, drained  
1 6-ounce can tomato paste  
1/4 cup pimiento-stuffed green olives

1/2 cup water  
2 tablespoons red wine vinegar  
1 1/2 teaspoons sugar  
1/2 teaspoon dried oregano, crushed  
1/4 cup capers, drained (see note)  
2 small, whole red chili peppers (optional)  
Salt and pepper to taste

■ Pare and coarsely chop eggplant; you should have about 3 cups.  
■ Heat oil in a large, heavy skillet. Sauté onion, pepper and garlic for 2 minutes. Add the eggplant and mushrooms. Toss to mix well. Cover and simmer over low heat for 10 minutes, stirring once.  
■ Stir in the remaining ingredients except salt and pepper. Cover and simmer, stirring once, until the eggplant is tender, about 15 minutes. Serve warm or cold. Mixture refrigerates well.  
■ Note: Capers tend to be salty. To reduce the salty taste, drain the capers, then soak for 15 minutes in cold water. Drain again.

### RATATOUILLE

1 large onion  
1 green pepper  
1 large eggplant  
2 medium zucchini  
1 clove fresh garlic, minced  
1/4 cup olive oil  
3 fresh, ripe tomatoes, chopped  
1 teaspoon salt  
1/8 teaspoon pepper  
1/2 teaspoon each, basil and oregano

Chop onion coarsely; cut green pepper into squares. Dice eggplant into 1-inch cubes; slice zucchini in 1/2-inch rounds.

Use a heavy-bottomed saucepan with a lid. Sauté garlic, onion and green pepper until they are soft; then stir in eggplant and zucchini, and sauté a few minutes. Add tomato and seasonings. Cover and simmer gently for about 30 minutes or until the vegetables are all well cooked. Uncover and turn the heat up to evaporate some of the liquid. Makes six to eight servings.

Variation: Preheat oven to 350 F. Sauté onion, green pepper and garlic as above. Add eggplant, zucchini and tomatoes — don't bother sautéing — and a large potato cut in chunks. Stir in a handful of sliced mushrooms, and a cup of hot water or stock. Bake in a covered dish for 45 minutes. The result is what the Greeks and Turks call Imam Bayildi. Delicious!

## THE GH HEART-HEALTHY FOOD BOOK

continued

### ZITI RATATOUILLE

1/2 16-ounce package ziti macaroni  
2 tablespoons olive or salad oil  
2 garlic cloves, minced  
1 medium-sized onion, diced  
3 medium-sized zucchini, cut into bite-sized pieces  
1 medium-sized unpeeled eggplant, cut into bite-sized pieces  
1 green pepper, cut into pieces  
2 teaspoons dried oregano leaves  
1 teaspoon salt  
2 large tomatoes, cut into wedges  
1/4 cup grated Parmesan cheese  
freshly ground pepper

ABOUT 45 MINUTES BEFORE SERVING:

1. Prepare macaroni as label directs; drain.
2. Meanwhile, in 6-quart saucepot over medium heat, in hot olive oil, cook garlic and onion 5 minutes, stirring occasionally.
3. Add zucchini, eggplant, green pepper, oregano, salt, and 1/4 cup water; heat to boiling. Reduce heat to low; cover; cook until vegetables are tender, about 20 minutes, stirring occasionally. Stir in tomatoes; heat through.
4. To serve, spoon vegetable mixture over ziti. Sprinkle with Parmesan cheese and pepper. Makes 4 main-dish servings. About 385 calories, 2 g saturated fat, 4 mg cholesterol per serving. ♥



♦♦Being careful about your diet doesn't have to mean total deprivation. This recipe is so low in fat (only two tablespoons of oil) you can splurge with some Parmesan cheese. ♦♦



By Pam McMorney  
Living Editor

9-15-16

Are you dealing with difficult people or daunting circumstances?

Maybe you could learn something from the iconic French chef Julia Child, who was an incredibly talented, bright, and funny woman. She didn't let life's challenges keep her from continually breaking new ground.

Her grandnephew Alex Prud'homme has written a new book, *The French Chef in America: Julia Child's Second Act*, which will be published at the beginning of October. He writes about how Child dealt with the aftermath of writing and publishing *Mastering the Art of French Cooking*. He says that it was during this period that Child "found her true voice." You can pre-order Prud'homme's book now at R.J. Julia Booksellers.

The Madison bookstore will host Prud'homme in conversation with Madison's own Jacques Pépin, an internationally acclaimed French chef and Child's good buddy, on Tuesday, Oct. 18 at 7 p.m. To register and find out more, visit [www.rjulia.com/event](http://www.rjulia.com/event) and go to Oct. 18.

Child was truly a master of her craft, and firmly grounded in kitchen science and technique. She encouraged cooks to master basic techniques, so that "you barely have to look at a recipe again." And, once you've done that, here's another bit of advice from her: "The only real stumbling block is fear of failure. In cooking you've got to have a what-the-hell attitude."

HARBOR NEWS



Life itself is  
the proper binge.

—Julia Child



## Julia Child's Ratatouille

From [juliachildsrecipes.com](http://juliachildsrecipes.com)

### Ingredients:

- 1 lb eggplant
  - 1 lb zucchini or summer squash: 1 lb.
  - 4 to 6 tablespoons olive oil (divided)
  - 1 teaspoon salt
  - 2 cloves mashed garlic
  - 1 ½ cups or about ½ lb yellow onions (thinly sliced)
  - salt and pepper to taste
  - 2 green peppers (about 1 cup, sliced)
  - 3 tablespoons minced parsley
  - 1 lb red tomatoes (make sure they are ripe, firm, seeded, peeled, and juiced)
- Note:** If you are using canned tomatoes, you will need about 1 ½ cups.

### Directions:

Peel and cut the eggplant. Make sure you cut eggplant into lengthwise slices that are about 1-inch wide, 3-inch long, and ½-inch thick. Scrub the summer squash and cut into piece the same size as eggplant. Take a bowl and put the vegetables into it. Toss the vegetables with one teaspoon salt. Set them aside for 30 minutes. Drain every slice and dry with a towel.

Take a skillet and put four tablespoons of olive oil into it. Sauté the summer squash and eggplant, one layer at a time, for about one minute until they vegetables are

slightly browned. Take them out into a dish.

Cook pepper and onions in the same skillet. Add a couple of tablespoons of olive oil if needed. Cook the vegetables for 10 minutes until they are tender. Add the garlic and season the mixture with salt and pepper.

Take the tomatoes and slice its pulp into 3/8-inch strips. Layer the tomatoes over pepper and onions, and season them with salt and pepper. Cover the skillet and let the vegetables cook for about 5 minutes on a low heat until the tomatoes start to render their juice. Check the seasoning and raise the heat. Boil the vegetables in the tomato juice until the juice evaporates entirely.

Take a casserole, about 2½-inch deep, and put 1/3 of the tomato mixture into it. Sprinkle the freshly minced parsley over tomatoes. Next, arrange half of the summer squash and eggplant on top. Layer the remaining tomatoes and parsley. Put the remaining summer squash and eggplant, and finish off with the rest of tomatoes and parsley.

Cover the casserole and put it on a low heat. Let everything simmer for about 10 minutes. Check it after 10 minutes, and season it if necessary. Raise the heat a little and cook everything for 15 minutes uncovered. Cook until all the juices evaporate. Be very careful about the heat. Avoid the vegetables getting scorched at the bottom of casserole.

Take it out, and serve!



Muir Glen  
Organic  
Tomatoes

continued from page 41

## And what to make with the produce...

These recipes are courtesy of Lee White of Groton, who has been a food editor and restaurant reviewer for more than 25 years.

### Ratatouille

From *In a Field of Her Own* by Ian Aldrich, *Yankee Magazine*, July/August, 2011

Yield: 6 to 8 servings

- 2 small eggplants, peeled and cubed**
- 2 teaspoons kosher or sea salt, plus more to taste**
- 6 tablespoons olive oil**
- 2 medium-size onions, thinly sliced**
- 3 garlic cloves, minced**
- 2 red or green bell peppers, seeds and stems removed, thinly sliced**
- 4 medium-size tomatoes, diced**
- 4 small zucchini or summer squash, halved lengthwise, then sliced into half-moons**
- 1 tablespoon chopped fresh basil**
- 2 tablespoons chopped fresh parsley**
- 2 teaspoons chopped fresh oregano (or 1 teaspoon dried)**

In a colander, toss eggplant with salt. Let sit 30 minutes, then rise well and dry thoroughly.

Heat oil in a large (14-inch) frying pan over medium-high heat. Add onions, eggplants, garlic, and peppers; cook, stirring often, until softened, 8 to 10 minutes.

Add tomatoes and cook until most of the liquid evaporates.

Add zucchini (or squash) and cook until tender, about 10 minutes more. Stir in basil, parsley, and oregano; then taste and add more salt if you like.



continued on page 44



## RATATOUILLE VEGETABLE STEW

PREP TIME 10 MIN. – COOK TIME 42 MIN.  
READY IN 52 MIN. – SERVINGS 8

- > 6 tbsp olive oil, divided
- > 2 lbs eggplant, cut into ½-inch dice
- > 2 medium onions, chopped
- > 5 cloves garlic, finely chopped
- > 2 tsp fresh thyme leaves
- > 2 medium bell peppers, seeded and cut into ½-inch pieces
- > 2 lbs ripe tomatoes, chopped
- > 1 tbsp red wine vinegar
- > 2 lbs zucchini and/or summer squash, cut into ½-inch pieces
- > ½ cup fresh basil leaves
- > Baguette, for serving

**STEP 1** In a wide-bottomed Dutch oven or large pot, heat 3 tbsp oil on medium-high. Add the eggplant and onions. Season with salt. Cook 7–8 min., stirring occasionally, until onions become translucent and eggplant begins to brown. Add the garlic and thyme and cook 2 min., stirring constantly.

**STEP 2** To pot, add remaining 3 tbsp oil, peppers, and tomatoes. Season with salt. Cook 10–12 min., stirring often, until tomatoes begin to break down.

**STEP 3** Stir in the vinegar and squash. Bring to a simmer, cover, and reduce heat to medium-low. Cook 15–20 min., stirring often, until vegetables are tender.

**STEP 4** While vegetables cook, finely chop the basil. Season the vegetables with salt and pepper to taste. Garnish with basil and serve with the baguette.

PER SERVING: 178 CALORIES, 11G FAT, 2G SATURATED FAT, 0MG CHOLESTEROL, 16MG SODIUM, 19G CARBOHYDRATE, 7G FIBER, 11G SUGAR, 4G PROTEIN



## MEAL FOR LATER



## SUMMER VEGETABLE SOUP

To serve as another meal for 4, reserve **2½ cups vegetable mixture**. In a large pot, combine vegetable mixture; **1 (15.5 oz) can cannellini (white) beans, drained and rinsed**; **4 cups vegetable broth**; and **2 cups water**. Bring to a boil, reduce heat, and simmer 5 min. Season with salt and pepper to taste.

*Broth and beans turn ratatouille into a soup for lunch*



**MEAL FOR NOW**

*Save extra  
chicken for  
a lunch salad*

advertisement



Got a multi-cooker (you may know it as an Instant Pot®)? You can sauté and pressure cook this stew in just 30 minutes!

# multi-cooker

spring chicken stew



## SPRING CHICKEN STEW WITH LEEKS AND WHITE WINE

Sweet leeks and white wine make this simple dish special enough for a get-together.

PREP TIME 10 MIN. — COOK TIME 30 MIN.

READY IN 40 MIN. — SERVINGS 6

- |                                   |  |
|-----------------------------------|--|
| ✓ 3 medium leeks                  | ✓ 4 sprigs fresh thyme                     |
| ✓ 1 tbsp olive oil                | ✓ 1½ lbs golden potatoes, quartered        |
| ✓ 2 medium carrots, thinly sliced | ✓ 1½ lbs boneless, skinless chicken thighs |
| ✓ 2 tbsp flour                    | ✓ 2 cups frozen peas, thawed               |
| ✓ ¾ cup white wine                |  |
| ✓ ½ cup low-sodium chicken broth  |  |


**STEP 1** Trim roots and darkest green from the leeks. Thinly slice leeks and submerge in large bowl of water. Swish and separate rings to release grit. Drain and then submerge and swish in water again. Drain well.

**STEP 2** In a multi-cooker or electric pressure cooker, heat the oil on the sauté function. Add leeks and carrots. Cook until golden, 5 min., stirring occasionally. Stir in the flour. Add the white wine, chicken broth, thyme, and potatoes. Season with salt and pepper. Top with the chicken.

**STEP 3** Seal and set to high pressure. Cook 10 min. Let pressure release naturally for 10 min. and then press quick-release button. Stir in the peas and let sit 2 min. Remove and discard thyme stems. Season with salt and pepper to taste.

**Tip** Garnish with parsley.

Per serving: 351 calories, 8g fat, 2g saturated fat, 107mg cholesterol, 193mg sodium, 37g carbohydrate, 6g fiber, 6g sugar, 29g protein

 **SIMPLE SWAP:** Out of white wine? Use the same amount of chicken broth and a squeeze of lemon juice instead.



### Frozen chicken?

No problem—you can put frozen boneless, skinless chicken thighs right into the multi-cooker without thawing. Just keep the potatoes whole and increase the cook time in step 3 to 20 minutes.



CHECK OUT  
THE VIDEO ONLINE





12. Kale Lacinato



13. Kale Russian Blend

KALE

#### PLANTING:

**Indoors** - 4-6 weeks before last frost, 1/2" deep. Keep well watered and fertilized. Transplant out just before last frost. Start at same time as broccoli, cabbage, and cauliflower.

**Outdoors** - 1/2" deep, 2-4" apart in early spring with soil temperature 55 degrees. Thin seedling to 12-24" apart. Sow another planting in mid/late summer for fall crops.

**Harvest** - Pick young leaves starting at 8-10" from the middle upward.

**Tips** - Leaves become very sweet after frost. Use thinnings or sow a heavy seeded row every 10-14 days for baby greens.



#### 190. STARBOR (F1 HYBRID 45 DAYS)

GERM 3-10 DAYS

Excellent variety for home gardeners due to its compact growth habit, lovely blue green color, good flavor, and frost tolerance. Stands out as the choice for the discriminating grower to whom plant size is not the primary consideration.

30 seeds - \$2.25

### KOHLRABI -

KOHLRABI

#### PLANTING:

**Outdoors** - Early spring, 1/4" deep 2-4" apart with soil temps 55 degrees. Mid/ Late summer sowing for fall harvest

**Harvest** - The spring plantings under 2" for the most tender and sweet bulbs. Fall plantings can survive frosts and can be harvested when they are larger.

**Tips** - Grows best in the cooler weather of spring and late summer. Summer heat makes the bulbs woody and dry. Provide fertilizer and adequate moisture for optimum growth.



15. Kohlrabi Express



#### 19501. EARLY PURPLE VIENNA (60 DAYS)

GERM 7-10 DAYS

Heirloom pre 1860

According to the 1930 D. M. Ferry catalog: "Very early with small top, the leaf stems being tinged with purple. Bulbs of medium size, purple; flesh white. Desirable for forcing and early outdoor planting."

40 seeds - \$1.50



#### 196. GRAND DUKE (F1 HYBRID 50 DAYS)

GERM 7-10 DAYS

A 1979 All American selection and still a favorite for both earliness and flavor. Kohlrabi is also called cabbage-turnip and appropriately so, the turnip-like balls are held cleanly above the ground with a cruciferous, "cabbagey" flavor. 4" globes are crisp and tender and Grand Duke holds well, meaning that you can leave it in the garden for a while without it becoming woody.

40 seeds - \$1.75



## GOOD FOOD

# Learning About Lentils

A delicious addition to any meal



Lentils—long a part of many Old World cuisines—fit right in with today's eating: they're easy and quick to prepare, highly nutritious, inexpensive, and have a delicate, nutty flavor that combines well with many different foods. Lentils always come dried, never fresh; look for the grayish-brown type, or the new orange-red Red Chief lentils, which cook in much less time. Both are a good source of carbohydrates, plant protein, iron, and fiber. And they're great food "stretchers," traditionally paired with small amounts of proteins like meat, poultry, fish, eggs, or cheese for a well-balanced meal.

### BASIC COOKING

Stored in their package or a jar in a cool, dark, dry place, lentils will keep indefinitely.

Before cooking, rinse and drain the lentils but *don't* soak them—even if a recipe tells you to. Soaking will affect flavor and texture. To cook, heat to boiling 1 pound lentils and 1 to 2 teaspoons salt in 5 cups water. Over low heat, simmer lentils, covered, 20 to 30 minutes for brown lentils, 8 to 10 minutes for Red Chief lentils. When cooked they should be tender but still hold their shape. In soup, cook lentils until they mash easily. One pound of lentils (2½ cups uncooked) makes 6 servings, about 160 calories per serving.

### EASY RECIPES

- **Lentil salad:** Chill drained, cooked lentils and combine with diced celery, chopped sweet onion, diced green pepper, sliced tomato, shredded carrot, etc. Serve on salad greens and top with French or Italian dressing.
- **Lentil sauté:** Cook diced bacon and onion until bacon is crisp. Add drained cooked lentils and some chopped parsley; heat, tossing to mix. Serve as a vegetable dish.

INSTITUTE/FOOD/ELLEN CONNELLY: ASSOCIATE

### LEEKs

#### PLANTING:

**Indoors** - 8-10 weeks before last frost with soil temperatures 60-75 degrees. Plant in flats 1/4" deep, 1/4" apart. Transplant seedlings out mid/late spring, 2-6" apart. Liquid fertilize seedlings every 7-10 days. Seedlings should be about a pencil thick in size at planting time.

**Outdoors** - Sow 1/4" deep early spring. Thin to 2-6" apart.

**Harvest** - Start harvesting baby leeks at 1/2" diameter and leave some for a larger end of season harvest.

**Tips** - Plant into fertile soil with lots of organic matter and adequate water for optimum growth. You can plant leeks in a trench and as the plants mature, fill in around them to assist in blanching.



13. Leek Lancelot



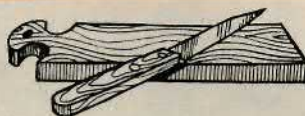
**Organic Clemson Spineless Okra**

### PASTA WITH SWISS CHARD AND LENTILS

*This recipe comes from Annie Somerville, director of The Greens restaurant in San Francisco. It's good with crisp-crust Italian bread and, for dessert, sliced oranges.*

- 1 cup dried lentils, rinsed and drained
- 2 bay leaves (1½ inches long)
- ¾ teaspoon salt
- 2 cups cold water
- 2 teaspoons minced garlic
- 1 teaspoon each dried thyme and oregano leaves
- 8 ounces uncooked linguine
- 1 pound Swiss chard, rinsed, stems cut in ½-inch lengths; leaves stacked and cut crosswise in ½-inch-wide strips
- ¼ cup fresh lemon juice
- ¼ cup finely chopped parsley
- 2 tablespoons olive oil
- ¼ teaspoon freshly ground black pepper
- 1 cup grated Parmesan cheese

Bring lentils, bay leaves, ½ teaspoon salt and water to boil in a medium-size saucepan. Reduce heat, cover and simmer 25 minutes or until lentils are tender. Discard bay leaves. Drain off water; stir in garlic, thyme and oregano. Meanwhile bring 4 quarts water to boil in a large pot. Add pasta; boil 4 minutes. Add Swiss chard stems; boil 2 minutes. Stir in leaves; boil 2 minutes or until pasta is cooked to firm stage and stems are crisp-tender. Remove ¼ cup pasta water; reserve. Drain pasta and Swiss chard in colander; return to pot. Add lentils, reserved pasta water, lemon juice, parsley, oil, remaining ¼ teaspoon salt and the pepper. Mix well. Serve with the cheese. Makes 4 servings. *Per serving:* 573 cal, 31 g pro, 77 g car, 17 g fat, 77 mg chol, 769 mg sod



### FRIED OKRA

- 1 pound okra, washed and drained
- ½ cup flour
- ¾ teaspoon salt
- 1 egg
- ¼ cup milk

#### Vegetable oil for frying

- 1 cup yellow corn meal

Cut off and discard stem end from each okra pod; set pods aside. Mix together flour and ¼ teaspoon of the salt. Beat egg slightly with the remaining ½ teaspoon of salt and the milk. Meanwhile heat about 1½ inches of vegetable oil in a saucepan or skillet to a temperature of 375° F. on a deep-fat thermometer. Roll each okra pod in the flour mixture, then dip into the egg mixture and roll in the corn meal to completely coat the pods. Add okra a few at a time to the hot oil and cook 5 minutes, turning occasionally to brown evenly on all sides. Drain pods on paper towels. Makes 4 servings.



### GO AHEAD:





**California  
Cello  
Lettuce**



**Organic  
Red or Green  
Leaf Lettuce**  
Froch



Produces tender, bright green leaves.  
**Organic Black Seeded Simpson  
Lettuce**



**Iceberg  
Lettuce**  
Fresh



Living Earth Plants  
Butterhead lettuce tolerates heat well.  
**Organic Optima Lettuce**



**Lettuce**



**Organic  
Romaine  
Lettuce**



Living Earth Plants  
Perfect for hearty Caesar salads.  
**Organic Paris Island Cos Romaine**

# WINTER HARVEST

Everyone will finish their veggies  
—and even ask for seconds—  
when these family-pleasing suppers  
crop up at your table.

by Michael Tyrrell



# Some sweet talk from onions

While there still are some native grown tomatoes around — either from your own garden, or from a produce stand, there is time to get some pretty good and handy sauces put together for winter use, for gifts later in the year.

These sauces also rely on the beautiful and big sweet Spanish onions, now available also at produce stands. The first one is a versatile sauce that makes an ideal topping for Swiss steak, meat loaf or any pasta. It can also serve as the base for a light soup.

Next is a relish that also requires hot water bath processing and is a fine treat with frankfurters, hamburgers and such. Either green or ripe tomatoes can be used in this.

Finally, an onion soup base to store in the freezer. It can also serve as a sauce, and would be particularly good with pot roast or other beef dishes.

The crackly-skinned golden Spanish onions will be available from the present through March and are an excellent choice for other dishes like creamed onions, fried onion rings and stuffed onions. Of course, nothing wrong with using them raw in salads and sandwiches, either.

## SWEET ONION TOMATO SAUCE

- 8 quarts coarsely chopped Spanish onions
- 4 quarts diced peeled tomatoes
- 1 quart chopped celery
- 6 green peppers, chopped
- 2 cups water
- 2 tablespoons sugar
- 3 tablespoons salt

Place onions in kettle with remaining ingredients except tomatoes. Bring to boil and simmer 20 minutes. Add tomatoes. Bring to boil and continue to simmer until thick, about 30 minutes. Spoon into sterilized canning jars, leaving ¼-inch head space. Adjust caps. Process in boiling water bath for 35 minutes. Makes about 10 pints.

## ZIPPY ONION RELISH

- 6 cups chopped Spanish onions
- 4 cups chopped pickling cucumbers
- 2 cups chopped green tomatoes, or firm red tomatoes
- 2 medium carrots, pared and chopped
- 1 large green pepper, seeded and chopped
- ¼ cup pickling salt
- 1½ cups sugar
- ¾ cup white vinegar
- ¼ teaspoon cayenne pepper
- 1 tablespoon mixed pickling spices, wrapped in cheesecloth bag

Place onions in large bowl with other vegetables, mix in salt. Let stand overnight at room temperature. Drain well. Place in kettle. Add remaining ingredients. Bring to boil. Cover and simmer 30 minutes. Spoon immediately into sterilized canning jars, leaving ¼-inch head space. Adjust caps. Process in boiling water bath for 10 minutes. Cool. Makes 3 pints.



## SAVORY ONION SOUP BASE

- 6 large Spanish onions
- ¾ cup butter
- 1 tablespoon sugar
- ¾ cup flour
- ½ cup beef bouillon powder
- 1½ cups water

Peel and slice onions into ¼-inch rings. Melt butter in large kettle. Add onion rings. Saute over low heat for 15 minutes or until onion rings are golden and tender. Stir in sugar and flour. Gradually add bouillon and water. Cool. Spoon into pint or half-pint freezer containers. Store in freezer. Makes 3 pints.

## FRENCH ONION SOUP

— Thaw 1 pint Savory Onion Soup Base. Place in 2-quart saucepan. Gradually stir in 5½ cups water. Bring to boil. Simmer 10 minutes. Season to taste with salt and pepper. For each serving, place a thick slice of toasted French bread in soup bowl. Sprinkle with 1 tablespoon grated Parmesan cheese. Ladle in soup. Makes 4 to 6 servings.

**CREAMY ONION SOUP** — Thaw 1 pint Savory Onion Soup Base. Place in 2-quart saucepan. Stir in 3½ cups water. Bring to boil; simmer 5 minutes. Stir in 2 cups light cream. Simmer until heated. Season to taste with salt and pepper. Makes 4 to 6 servings.

**SAVORY ONION SAUCE** — Thaw ½ pint Savory Onion Soup Base. Place in saucepan. Stir in 1 cup water. Dissolve 1 tablespoon flour in ¼ cup water. Stir into onion mixture. Bring to boil, stirring constantly. Simmer 5 minutes. Makes about 2 cups sauce.

**ONION WINE SAUCE** — Follow recipe for Savory Onion Sauce, substituting ¼ cup dry white wine or Madeira for ¼ cup water

For your free copy of the new Idaho-Oregon Onion Recipe Booklet, send a stamped self-addressed envelope to: Idaho-Oregon Onion Promotion Committee, P.O. Box 307, Parma, Idaho 83660. 10-08-80

# ROASTED ONIONS

2-3 large Vidalia onions  
3 Tbs. extra-virgin olive oil  
2 Tbs. garlic, chopped  
1 tsp. salt, or to taste  
½ tsp. freshly ground black pepper, or to taste  
½ cup fresh mint  
¼ cup balsamic vinegar

Remove onion skins and trim ends; cut onions in half from stem to root end. In a medium-sized bowl, stir together olive oil, garlic, salt, pepper and mint. With your hands, coat onions with the mixture and place them in onion roaster. Bake in preheated 350° oven for 30 min. Baste with the dish juices and continue roasting for another 15 min., or until the onions are soft when pierced with a knife. Remove from oven, drizzle generously with balsamic vinegar, and arrange on platter. Serves 4. Adapted from *Onions*.



Sweet Onions

## Vegetable-Stuffed Onions

- 4 medium sweet Spanish onions
- Salted water
- 1 pkg. (10 oz.) frozen mixed vegetables, cooked and drained
- 2 tbsps. butter or margarine
- 2 tbsps. flour
- ½ cup milk
- 1 can (10½ oz.) condensed cream of celery soup
- Dash of Tabasco

Peel onions. Place onions in a large saucepan with 1-inch of salted water. Cover and bring to boil. Simmer 10 to 15 minutes or until onions are just tender. Drain well. Cut a 1-inch slice from tops of onions. Scoop out centers, leaving a ½-inch shell. Drain. (Unused portions of onion can be used in soups or other recipes.) Place onion shells in shallow baking dish. Melt butter and blend in flour. Add milk, soup and Tabasco. Bring to boil and cook, stirring 2 to 3 minutes. Add mixed vegetables. Spoon into and over onions. Bake at 350 F for 20 to 25 minutes or until filling is bubbling. Makes 4 servings.

## STUFFED ONIONS

- 6 large onions
- 1 14-ounce or 16-ounce can pork and beans or 2 cups baked beans

- 3 tablespoons catsup or chili sauce
- 2 to 3 strips bacon, diced and cooked

Cook onions in boiling, salted water until tender, about 20 minutes. Drain. Remove centers; chop; add remaining ingredients; mix well. Fill onions. Place in shallow baking dish. Add about ½ cup hot water. Bake in moderate oven (375°) 30 minutes. Serves 6.



## MAPLE-GLAZED ONIONS

An unusual and attractive accompaniment to pork roast or turkey.


MAKES 8 TO 10 SERVINGS.

- 18 to 20 small onions, 2 to 3 ounces each
- ½ cup maple syrup
- 3 tablespoons butter
- ½ teaspoon salt
- Pepper



1. Peel onions and cut a small cross in the root end of each. Place enough lightly salted water to cover the onions in a 9- or 10-inch-diameter pot and bring to a boil. Add onions, cover and cook just until tender, 20 to 25 minutes. Drain well.

2. Dry the pot and add syrup, butter, salt and a few grains of pepper. Stir to mix and cook over moderately high heat 1 minute. Reduce heat to moderate, add onions and stir gently to coat with syrup. Cook about 10 minutes, stirring frequently to heat through and reduce syrup.

**Note:** Tiny, whole, cooked carrots may be similarly glazed. For a sweet-sour effect, add ¼ cup tomato juice or 2 tablespoons catsup to the syrup. 





## Fried onion rings dipped in buttermilk

ca-29-18

What could be more natural during burger season than fried onion rings? I've tried batter dipped rings at home but they didn't always turn out great, the batter kind of fell off during the frying process. Try this dry-breaded method. I get better results. Remember, the longer you

ROBERT  
RABINE



soak your rings in cold water, the milder and plumper they'll be. My grandmother would soak them overnight in the refrigerator. Follow me on Instagram @robert.rabine or listen to my talk radio show, "Food Fight" with Chef Colt Taylor on 94.9, Saturdays from noon-1 p.m. We talk about the wild, wild world that is the restaurant business.



Sweet Eating  
**Vidalia Onions**

## Crispy Fried Onion Rings

2 large Vidalia Onions, peeled, sliced 1/3" thick  
1 cup buttermilk or milk  
2 1/2 cups flour  
1 cup cornmeal  
2 teaspoons baking powder  
1 teaspoon salt

Separate the onion slices into rings and soak in cold water for at least an hour, changing the water once or twice.

Mix together the flour, cornmeal, baking powder and salt. Pour half of the mixture out onto a large plate. Drain the onion rings and dip each individually into the buttermilk first, let it drain, and then press it into the flour/cornmeal mixture, making sure it gets evenly coated. Place the coated rings on a sheet pan and repeat the process till half the rings are done.

At this point the coating mixture will become clumpy, so toss out the old flour and replace it with the remaining mixture. Continue breading the remaining rings and set them aside.

When ready to cook, preheat your oven to the lowest setting. Heat 2 quarts fry oil to 350 degrees in a Dutch oven. Fry the rings a few at a time for 3-5 minutes, or until golden brown. Drain them in a large stainless bowl lined with paper towels. Pop the cooked rings in the low oven to keep them warm while you fry the rest. (Serves 4.)



Rob Rabine / For Hearst Connecticut Media

**Golden fried onion rings made with buttermilk.**

## Sautéed Onion Rings

Onions  
Milk  
Flour

Peel onions and cut in 1/4-inch slices. Separate into rings. Dip in milk, drain, then dip in flour. Sauté until brown. Sprinkle with salt.



## FRY YOUR FAVORITES IN MAZOLA

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**FRENCH-FRIED ONION RINGS**...Slice large onions, separate into rings. Dip in milk and seasoned flour...deep-fry in Mazola.





FOR THE MOST  
DISCRIMINATING TASTES  
AT YOUR HOLIDAY TABLE...

**Aunt Nellie's**  
WHOLE HOLLAND-STYLE ONIONS



### Holiday Creamed Onions

2 cups half-and-half or light cream  
2 Tablesp. dry sherry  
½ cup unsalted butter or margarine  
¼ cup flour  
2 Tablesp. grated Parmesan cheese  
¼ tsp. dry mustard  
Pinch nutmeg  
Salt and freshly ground white pepper to taste  
1 (16 oz.) jar Aunt Nellie's® Holland Style Whole Onions, drained  
¼ tsp. paprika

In small saucepan, heat half-and-half and sherry just to simmering; set aside. In 2 quart saucepan, melt butter; add flour and cook, stirring constantly, 1 minute. Gradually whisk in half-and-half mixture; stir over medium heat until sauce thickens. Stir in cheese, dry mustard, nutmeg and salt and pepper. Add onions to sauce; pour into quiche pan or 9 or 10 inch pie pan; sprinkle with paprika. (Recipe can be made one day in advance to this point, covered and refrigerated.) Bake at 350° F. 10 minutes, uncovered, until sauce is bubbly. (For made-ahead casserole, remove from refrigerator 1 hour before baking; bake, uncovered, 20 to 25 minutes at 350° F.) Makes approximately 6 servings.



### PERFECT ONIONS

**Q:** What's the best way to caramelize onions? Every time I try to do this, they always end up burned.

**A:** It sounds like you're trying to cook them too fast. Remember, there's no rushing good food. Once you've sliced the onions, add them to a skillet with a little bit of butter or olive oil. Then you just need to cook and cook and cook the onions over medium heat until they're really caramelized. The process usually takes ten to fifteen minutes. You can also try adding a pinch of sugar to the pan. The granules will combine with the natural sugar in the onions, turning them a deep, delicious brown and drawing out their sweet flavors.



### ONION DILL BISCUITS

2 cups flour  
4 teaspoons baking powder  
1 teaspoon salt  
½ teaspoon onion powder  
¼ teaspoon dill weed  
3 tablespoons margarine  
¾ cup reconstituted instant nonfat dry milk

Sift together flour, baking powder, salt, onion powder and dill weed. Cut in margarine until mixture looks like coarse meal. Blend in milk. Place dough on a lightly floured surface and knead about 20 times. Roll dough out to about ½-inch thickness. Cut with 2-inch round biscuit cutter. Place in an ungreased pan and bake in a 450-degree oven 15 to 20 minutes.

## DECEMBER

THE TWELFTH MONTH



# 13

### Full Cold Moon

If stored onions begin to sprout, pot them up and enjoy tasty greens and an unusual houseplant all winter long.



### Grilled Walla Walla Onions

- 2 large Walla Walla or other sweet onions, cut into 1/2- to 3/4-inch-thick slices
- 1/3 cup olive oil
- 1/4 cup balsamic vinegar
- 1/4 cup snipped fresh oregano
- 1/4 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 2 Tbsp. snipped Italian parsley

Place onion slices together in large plastic bag. Set bag in large mixing bowl. In small bowl combine oil, vinegar, oregano, salt, and pepper. Pour over onions; turn bag to coat. Close bag; keep at room temperature 2 hours, turning bag occasionally.

Grill onions in basket on uncovered grill\* indirectly over medium coals for 20 minutes or until onions are tender and cooked through. Place onions over hotter coals about 5 minutes until onions caramelize well (should be dark brown but not burned). Remove onions from basket; place in bowl. (Slices should separate into rings.) Sprinkle with Italian parsley. Serve warm or at room temperature. Serves 4 to 6.

\*As an option to grilling, remove onions from bag with slotted spoon or spatula; keep slices together. Place on 15x10x1-inch baking pan. Cover with foil. Bake in 400° oven 30 minutes; turn onions over; cook 15 minutes more or until onions are tender.



**BRITTANY MORIARTY RD, LDN**  
Stop & Shop Nutrition Partners  
Registered Dietitian

*I love using green onions to add some zip to scrambled eggs!*

# 170

countries around the world grow green onions. In Spain, they're grilled whole and dipped in romesco sauce. In China, they're added to pancakes. In Korea, they're finely sliced lengthwise for a spicy green onion salad.

#### REGROW AT HOME

You can regrow green onions in your kitchen! Submerge the root ends in water in a jar. Let grow on your windowsill, changing the water about once a week.

IN SEASON NOW

# GREEN ONIONS

Much more than a garnish, green onions add big flavor to savory baked goods, sauces, and more. These recipes use the whole bunch so nothing goes to waste.



Green onions contain antioxidants, which protect your cells from damage.

## KEEP IT FRESH

The green parts of green onions can dry out after a few days. Keep the stalks crisp for longer by wrapping the bunch in a slightly damp paper towel and storing in a plastic bag in your crisper drawer.



### GREEN ONIONS OR SCALLIONS?

Green onions and scallions are the same. They are different from spring onions, which have larger white bulbs and a sweeter flavor. Both are in the allium family, along with regular onions, shallots, and garlic.

## 2 IN 1

A green onion is actually two ingredients in one: mild-flavored, crisp green tops and stronger, onion-like whites. Cook them together, or sauté the whites first to soften, then stir in the greens later or use as a garnish.

### NUTRIENTS FROM TOP TO BULB

Green onions have vitamins A, C and K, as well as potassium. Be sure to eat both the dark green parts and white bulbs to get all of these nutrients.

### ANY WAY YOU SLICE IT

Besides cutting crosswise, try thinly slicing green onions on a steep diagonal for a pretty garnish or salad stir-in. You can also cut into 1-inch pieces for stir-fries or leave whole for grilling.

“A GARDEN SHOULD SURPRISE YOU WITH  
UNEXPECTED VIEWS.” —BERNARD TRAINOR, LANDSCAPE DESIGNER





▼ Peas and Pearl Onions



Make "good for you" better.



### Recipe #1

#### Peas Braised with Onions and Lettuce

- 1 tablespoon each: olive oil, butter
- 8 to 12 spring onions, white part only, thinly sliced
- 1 medium head Boston or butterhead lettuce, washed, drained and shredded
- 2 pounds fresh green peas, shelled
- 1 teaspoon sugar
- 1/2 cup chicken broth
- 1/2 pound (about 2 cups) sugar snap or snow peas, trimmed and washed
- 2 tablespoons chopped fresh parsley or mint



In a heavy 2-quart saucepan, heat butter and oil over medium heat. When butter melts, add onions and cook until softened, about 2 minutes. Add lettuce, shelled peas, sugar and broth. Bring to a simmer and cover. Reduce heat to low and cook for 10 minutes. Add the sugar snap or snow peas, cover and cook 5 minutes, until the peas are tender. Uncover, add parsley and season to taste with salt and pepper. Serves 6.

Nutrition information per serving: 108 calories, 4 g fat, 133 mg sodium, 5 mg cholesterol; calories from fat: 36.



### Peas **PLUS** new onions for a French accent

**French-style Peas.** Put 4 or 5 lettuce leaves in heavy saucepan; add 2 cups shelled peas, 4 chopped green onions, 1 teaspoon sugar,  $\frac{1}{2}$  teaspoon salt, dash pepper, dash thyme, 2 tablespoons each water and butter or margarine. Cover tightly; cook over *low heat* just till tender, 10 to 15 minutes (add more water, if needed). Four servings.

### CREAMED PEAS

*Faithful standby.*

- 3 cups Green Giant Sweet Peas
- $\frac{1}{4}$  teaspoon chopped onion
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- $\frac{1}{2}$  teaspoon salt
- Dash pepper

Cook peas and onion according to package directions; drain. Meanwhile, melt butter in small saucepan; stir in flour until creamy. Add milk gradually, stirring constantly. Heat and stir until thickened and smooth. Add salt and pepper. Combine with peas. Serves 4 to 6.

*"I eat my peas with honey.  
I've done it all my life.  
It makes my peas taste funny  
But it keeps 'em on the knife!"*



PEAS are good with this — fresh if in season, or frozen. The trick is not too much liquid.

### FRENCH PEAS

- 6 lettuce leaves
- 1 pkg. peas
- 2 medium onions
- 2 tbsps. butter
- pinch sugar
- dash nutmeg
- salt, pepper

Wash leaves and leave wet. Put in pot with tight-fitting cover. Add rest of ingredients. Cook gently for about 10 minutes, tightly covered. Discard leaves and onions in serving.

BH+G MAY 1976

## Start with dried peas

Whether whole or split, or green or yellow, dried peas give meals a boost in nutrition at little cost. Since they are an extra-good source of protein, you can count each cup of cooked peas as one meat serving from the Basic Four Food Groups.

Photographs: Dieter



### SMOKY PORK AND PEAS SKILLET

- |   |   |
|---|---|
| 1 $\frac{1}{4}$ cups dried whole green peas | 1 teaspoon dried basil, crushed                   |
| 4 cups cold water                           | $\frac{1}{2}$ teaspoon salt                       |
| 1 $1\frac{3}{4}$ -ounce can chicken broth   | 5 smoked pork chops, cut $\frac{1}{2}$ inch thick |
| $\frac{1}{2}$ cup chopped onion             | 1 tablespoon all-purpose flour                    |

In saucepan, bring peas, water, and broth to boiling; simmer 2 minutes. Remove from heat; cover and let stand 1 hour. (Or, add peas to the cold water; soak overnight.) Add onion, basil, and salt. Cover; simmer 3 to  $3\frac{1}{2}$  hours or till peas are tender but still retain their shape. Drain, reserving  $\frac{3}{4}$  cup liquid.

In large skillet, brown chops over medium heat. Remove chops. Pour off all but 1 tablespoon drippings. Blend in flour. Stir in reserved pea liquid. Cook and stir till mixture thickens. Add peas; stir. Arrange chops over peas. Cover and cook over low heat 5 minutes or till chops are heated through. Makes 5 servings.



### IDEAS

#### SWEET PEA MEDLEY

- 2 tablespoons oil
- 1  $\frac{1}{2}$  cups sliced mushrooms
- 1 cup thinly sliced celery
- 1 medium onion, chopped
- 3 cups Green Giant® Frozen Sweet Peas
- $\frac{1}{2}$  cup water
- 1 teaspoon cornstarch
- 1 teaspoon chicken-flavor instant bouillon
- 1 teaspoon chopped fresh basil
- $\frac{1}{2}$  teaspoon parsley flakes
- $\frac{1}{8}$  teaspoon pepper

Heat oil in large saucepan over medium heat. Add mushrooms, celery and onion; cook and stir until tender. Stir in peas. Cover, reduce heat and simmer 10 minutes or until peas are tender, stirring occasionally. In small bowl, combine water, cornstarch, bouillon, basil, parsley and pepper. Pour over vegetable mixture; cook and stir until sauce thickens. Serve immediately. 3 cups.

# LAND O LAKES Herb-Buttered Peas. They'll ask for seconds...thirds...and....



Lightly Salted,  
Unsalted or Whipped

One-pan quick, this recipe combines a subtle flavor of oregano with the delicacy of Land O Lakes® Butter. It's America's No. 1 butter, made from fresh, sweet cream for flavor that's consistently delicate and natural. When you serve Herb-Buttered Peas made with Land O Lakes Butter, chances are, even the "non-vegetable eaters" in your family will ask for more. Ummm.

A taste of the Country™

## LAND O LAKES Herb-Buttered Peas

Yield: 4 servings.

10-oz. pkg. frozen peas  
½ c. LAND O LAKES  
Sweet Cream Butter  
1 tbsp. instant minced onion  
or 3 tbsp. chopped fresh  
onion

¼ tsp. each salt, garlic powder  
and crushed oregano leaves  
¼ tsp. ground pepper  
2 tbsp. sliced stuffed olives  
(3 to 4 olives)

In heavy 2-qt. saucepan, cook peas according to package directions. Drain. Add remaining ingredients except olives. Heat through. Toss in olives just before serving. **TIP:** 2 c. fresh peas can be substituted. Cook in-boiling salted water 5 to 8 min. or until tender.

One of the earliest of  
garden vegetables, they are elegant without  
embellishment and their color is an  
attractive addition to any meal....

*by Beatrice H. Comas*



At Home (continued)

pound of unshelled peas makes about a cup when shelled. Steam them in a heavy covered pan in as little boiling water as possible, no more than  $\frac{1}{8}$  inch to a pound of shelled peas. Heat should be turned low and the cover lifted part way through cooking to add salt and let steam escape so color will be retained. Drain well and roll around in plenty of butter and serve immediately.

There is a tradition that one should add a pinch of sugar to the water, a good idea for mature peas which may have lost some natural sweetness.

A drop of lemon juice in the cooking water supposedly preserves their bright green color, and two or three pods may be cooked with the peas for flavor. Always test peas for doneness, since the shorter the cooking time, the greener and tastier the peas.

Escoffier recommended seasoning them with a pinch of powdered sugar and butter *after* they had been cooked, drained, and tossed over a hot fire to dry.

There are two schools of thought as to which tastes better: peas with melted butter or peas with melted butter and hot cream. No one can deny that they mix well with baby carrots, sauteed mushrooms, parsley and mint, or tiny onions.

The following recipe originated in the kitchens of Jeffersonian Virginia. It would be perfect with that Fourth of July poached or baked salmon.

#### Minted Green Peas

- 3 cups freshly shelled peas
- $\frac{1}{2}$  cup water
- 3 tablespoons butter or margarine
- 1 shallot, chopped (with green top)
- 1 teaspoon salt
- freshly ground pepper
- 1 tablespoon sugar
- 2 teaspoons chopped mint

Place peas, water, and butter or margarine in a saucepan over low heat. Cover and simmer for 10 minutes. Add chopped shallot, salt and pepper. Cover again and simmer for 15 to 20 minutes longer, or until peas are tender. Stir in sugar and chopped mint. Serves 6 to 8.

In one inventory of his garden, Jefferson listed 19 varieties of lettuce.

Although he may not have originated this way to cook it with peas, it is an interesting way to combine two of summer's prettiest vegetables.

#### Green Peas with Lettuce

- 2 cups hulled small green peas
- 4 small heads Bibb lettuce
- salt and pepper to taste
- 2 tablespoons melted margarine

Wash, drain green peas and lettuce. Season peas with salt and pepper. Force open each head of lettuce and fill with  $\frac{1}{2}$  cup of peas. Tie up the leaves and place heads on a rack above boiling water. Steam the peas, covered, until tender, about 30 to 35 minutes. Drizzle with melted margarine and serve in individual dishes. If you use one large head, lettuce leaves may be chopped and served with the peas. Makes 4 servings.

Note: If you don't have a steamer, place the lettuce heads in a small quantity of boiling water and steam about 25 to 30 minutes.

#### Peas, Et Cetera

- 4 cups shelled fresh peas
- 3 small white onions, thinly sliced
- 1 sprig parsley
- 2 stalks fresh basil
- $\frac{1}{4}$  cup butter or margarine
- $\frac{1}{4}$  teaspoon salt
- 6 small cauliflowerets
- $\frac{1}{2}$  cup water
- 3 Boston lettuce leaves

Place peas, onions, parsley, basil, butter, salt, cauliflowerets and water in saucepan. Cover with lettuce leaves and tight-fitting pan cover. Bring to a boil and cook over medium heat until peas are tender, about 12 minutes. Makes 6 servings.

If the green pea season never seems long enough to satisfy you, here is a recipe made to order, sans onion, parsley or mint ... just an enormous hearty bowl of sugary sweet peas swimming in butter and cream with some fresh ground pepper. Use your own measurements!

#### Green Peas with New Potatoes

Peel and boil small new potatoes. When the potatoes are nearly done, put the peas on to boil for two minutes only. Cover pan tightly and remove from heat and let them steep for 5 more minutes. Drain potatoes and peas and place in large bowl. Heat, but do not boil, cream and butter. Pour over vegetables and sprinkle with freshly ground pepper, if desired. ■ ■



▲ Peas and Celery



▲ Peas and Cauliflower with Cream Sauce



▲ Corn and Peas with Tomatoes



▲ Mixed Vegetables with Onion Sauce



▼ Peas and Potatoes with Cream Sauce    ▲ Peas with Sliced Mushrooms





### 3 | snow peas

Plant the seeds close to a wall or fence where they can grow vertically 6 to 8 feet. The iron- and vitamin C-rich pods will be ready in 2 months.



## CRUNCHY SNOW PEAS WITH ALMONDS

Serves: 4 • Prep Time: 10 min. • Cook Time: 5 min.

### Ingredients:

- |                                       |   |
|---------------------------------------|---|
| 1 Tbsp. Mrs. Dash® Onion & Herb Blend | 4 tsp. fresh lemon juice                        |
| 2 Tbsp. olive oil                     | 4 tsp. minced shallots                          |
| 1 lb. snow peas, trimmed              | 2 Tbsp. slivered, unsalted oven-toasted almonds |

### Directions:

1. Warm olive oil in a small sauté pan.
2. Increase heat to medium and add snow peas. Add a few drops of water while tossing quickly.
3. Cook about 3-4 minutes, leaving snow peas crisp.
4. Add lemon juice and toss again.
5. Spoon onto a plate, sprinkle with shallots, almonds and Mrs. Dash® Onion & Herb Blend. Drizzle 1 Tbsp. of cooking juices over snow peas.

**SALT-FREE,  
FLAVOR-FULL**



[www.mrsdash.com](http://www.mrsdash.com)

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There's an entire garden in every packet of our Italian dressing. (Yes, it is a bit of a tight squeeze.)

Onions



Carrots



Parsley



Red bell pepper



Black pepper



Garlic




Ingredients

Garlic  
Onions  
Black pepper  
Red bell pepper  
Carrots  
Parsley

You make it fresh.



© 1995 Kraft General Foods, Inc.

We think Italian dressing should have plenty of zest, so we boldly put together an entire symphony of vegetables, herbs and spices.  Enjoy the medley.

You make it best.®

YOU MAY NEED A TAX-DEFERRED RETIREMENT ACCOUNT IF

# budget cook

BY NANCY DELL'ARIA

## Pick a Peck of Red Peppers



“Last winter, during a trip to central Florida, I stumbled onto a gold mine. I found big, beautiful red peppers priced at five for a dollar, or about 60 cents a pound. That was way too good to pass up, so I immediately bought 10 pounds of peppers to freeze when I got home. In the months to come, when the price soared to \$4.99 a pound, I had a freezer full of delicious peppers all ready to use. What a luxury!”

### Pepper Prep

Halve and seed the peppers. Place skin side up on greased cookie sheets. Broil 2 to 3 inches from heat 15 to 20 minutes, until skins blister and blacken. Put peppers in a pot and cover. When cool, peel off most of the skin, then freeze peppers in a single layer on cookie sheets. Pack in airtight containers or zip-top plastic bags and freeze up to 8 months.

A pair of quick, easy, healthy ways to use those lovely veggies...

### Creamy Pepper Pasta Sauce

Prep: 5 min Cook: 15 min Cost per Serving: \$1.44

You can make this sauce while the pasta cooks. Serve with grated Romano cheese (it's sharper in flavor than Parmesan, so you can use less).

- |                                 |  |
|---------------------------------|--|
| 2 teaspoons vegetable oil       | 1 can (5 ounces) evaporated milk                           |
| 1 cup chopped onion             | 1 pound zucchini, cut in thin 1½-inch-long sticks (4 cups) |
| 1 tablespoon minced garlic      | ¼ teaspoon salt  |
| 1 teaspoon dried basil          | 1 pound hot, cooked and drained pasta                      |
| 6 frozen red bell pepper halves |  |
| ½ cup chicken broth             |  |



1. Heat vegetable oil in a large nonstick skillet over medium-high heat. Add the onion, garlic and basil. Cook, stirring, 3 to 5 minutes until onion is lightly browned and tender.

2. Add peppers and chicken broth. Cook, stirring often, 2 to 3 minutes until peppers are thawed and hot. Remove skillet from heat.

3. Purée in blender or food processor with milk.

4. In same skillet, over medium-high heat, sauté zucchini with the salt 4 to 5 minutes or until crisp-tender and very lightly browned.

5. Toss sauce with pasta and top with zucchini.

■ Serves 4. Per serving: 548 cal, 20 g pro, 100 g car, 8 g fat, 11 mg chol, 316 mg sod. Exchanges: 5¼ starch, 3 vegetable, 1 fat

### Red Pepper Quesadillas

Prep: 8 min Cook: 2 min each  
Cost per Sandwich: 83¢

Next time you make bean soup, serve these Mexican "grilled cheese" sandwiches on the side.

- Eight 8-inch flour tortillas  
1 cup shredded Cheddar cheese (4 ounces)  
1 cup chopped thawed red bell peppers  
¼ cup sliced scallions  
¼ cup chopped cilantro (optional)  
4 teaspoons vegetable oil

1. Sprinkle 4 tortillas with ½ cup of the cheese, the red peppers, scallions and cilantro. Top with remaining ½ cup cheese and tortillas.

2. For each quesadilla, heat 1 teaspoon oil in a nonstick skillet over medium heat. Cook about 2 minutes per side, turning once, until tortillas are crisp and cheese is melted. Cut in wedges to serve.

■ Serves 4. Per serving: 391 cal, 13 g pro, 41 g car, 19 g fat, 30 mg chol, 512 mg sod. Exchanges: 2½ starch, ½ vegetable, ½ high-fat meat, 3 fat



**Red versus Green**  
Red bell peppers begin life as green bell peppers. Maturing to red on the vine increases their vitamin A content about 10 times, sweetens them and helps eliminate that "green-pepper burp" enzyme.

CHARLES SCHILLER (top left)

If you use a frozen food in a delicious, healthy and inexpensive way, write to me, Nancy Dell'Aría, Woman's Day, 1633 Broadway, New York, NY 10019 or fax me at 212-767-5600. (Be sure to include your address and phone number.) We regret we cannot acknowledge or return submissions, but we will pay you \$50 if we publish your idea and/or use it online.



## Menu

FOR FOUR

### Italian Stuffed Peppers

### Tossed Salad with Parsley-Garlic Dressing

### Fresh Pineapple with Strawberry-Orange Sauce

Menu by  
Kathy Jackette

### ITALIAN STUFFED PEPPERS

So hearty, you won't believe it's done in only thirty minutes.

Remove 1 pound sweet Italian sausage from casings. Place in a large skillet and cook over medium heat 1 minute, stirring to break up meat. Add 1 large all-purpose potato, cubed, 1 large red onion, halved and sliced, 1 tablespoon chopped parsley, 1½ teaspoons minced garlic, 1 teaspoon dried oregano, 1 teaspoon red wine vinegar and ½ teaspoon salt. Cook, stirring occasionally, until sausage is browned and vegetables are tender, about 20 minutes.

Meanwhile, slice tops off 4 large red peppers or green peppers. Dice tops and add to skillet with sausage and other vegetables. Remove seeds and place peppers upside down in a glass pie plate; cover with plastic wrap, turning back one section to vent. Microwave on High 3½ minutes. Turn peppers over and rotate dish a half turn. Microwave 2½ to 3½ minutes more, until peppers are soft. Transfer peppers to a serving platter. Stir 2 ounces cubed mozzarella cheese into sausage mixture and spoon evenly into peppers. Serve immediately.



### Christopher Robin's Bear



### Winnie-the-Pooh Replica First Edition Book and Edward the Bear Plush

In 1926, a book was published in the US about a bear, a boy, and their friends. This exacting replica of the first American edition of *Winnie-the-Pooh* is a treasure for fans and collectors. Hardcover, 162 pages. Edward is also a replica—of the very bear A.A. Milne gave his son, Christopher, on his first birthday, and that later inspired *Winnie-the-Pooh*.



One morning a man called his tame deer for breakfast, but the animal wouldn't get up. He went back into the house & brought the food out to his pet. Immediately, the animal sprang to his feet. "What did you feed that deer?" asked a curious neighbor. "It works every time. Just a bit of yeast makes my doe rise."

## Eat hearty at all-vegetable meal

By HELEN A. WILBER  
Journal-Bulletin Food Editor

WHEN you're thinking about meatless meals, plan some menus that are completely vegetables. At first this might sound a bit boring, with a skimpy meal resulting. But this need not be so. Start out with a very hearty vegetable as the base — something like today's stuffed peppers. Build the rest of the meal around that with baked or scalloped potatoes in the oven at the same time and a casserole of squash. Small frozen onions could also be baked with a topping of buttered bread crumbs.

Fresh hot muffins or a loaf of crisp Italian bread served with such a meal makes the absence of meat hardly noticeable.

Cold weather makes all kinds of soups and chowders most welcome, and with a kettle of steaming hot fish chowder, thick slices of French bread or hearty crackers take care of another meal very nicely. Fruit salad with cottage cheese doubles as the salad and dessert course with a chowder or soup meal.

### MEATLESS STUFFED PEPPERS

- 4 green peppers
- 1 onion, finely chopped
- 1 clove garlic, minced
- 2 tablespoons minced parsley
- 1 cup cooked rice
- 1 cup fine bread crumbs
- 2 tablespoons butter or margarine, melted
- Marinara sauce

Remove tops of peppers; scoop out seeds and membrane. Drop peppers into a

large pan of boiling water; turn off heat and let stand for 5 minutes. Remove from water and drain thoroughly.

Combine onion, garlic, parsley, rice, bread crumbs and melted butter. Fill shells with this mixture. Place upright in a casserole; pour sauce around the peppers, spooning a tablespoonful or so into the center of each. Cover and bake in a 350-degree oven 35 to 40 minutes, removing cover during last 10 minutes. Makes 4 servings.

### MARINARA SAUCE

- 3 garlic cloves, minced (or as preferred)
- One-quarter cup minced parsley
- One-half cup olive oil
- 2 cups stewed tomatoes
- 1 teaspoon crumbled dried oregano

Salt and pepper to taste  
Saute garlic and parsley in oil. When garlic is a golden brown, add tomatoes, oregano, salt and pepper. Simmer for 30 minutes or until well blended and thick.

### ITALIAN EGG PIE

- 6 eggs
- One-quarter cup milk
- 1 can (7 oz.) tuna, drained and flaked
- One-half pound mozzarella cheese, grated
- Salt and pepper to taste
- One-half teaspoon basil
- One-half teaspoon oregano
- Pastry for 9-inch pie shell

Line pie pan with pastry; trim edge and flute. Beat eggs and milk together until well blended. Stir in remaining ingredients. Pour into unbaked shell; bake in a 425-degree oven 35 to 40 minutes.

■ A reader from **Newington** requested a simple recipe for **stuffed peppers** using Minute Rice. **Marilyn Ryan** of **Bristol** sent in this recipe, which came out of the "Favorite Brand Recipe Cookbook."

## MINUTE RICE STUFFED PEPPERS

3-6-96

**2 medium green peppers**  
**Boiling salted water**  
**1 8-ounce can of kidney beans**  
**¼ pound ground beef**  
**½ teaspoon chili powder**  
**1 tablespoon oil**  
**¾ teaspoon salt**

**¾ cup Minute Rice**  
**6 tablespoons grated cheddar cheese**  
**1 8-ounce can stewed tomatoes**  
**Additional ½ teaspoon chili powder**

■ Cut peppers in half lengthwise and remove stems and seeds. Cook in boiling water for 10 minutes or just until tender. Drain and set aside.

■ Drain beans, reserving liquid. Add water to liquid to make ¾ cup. In small skillet, heat oil. Add beef and ½ teaspoon chili powder. Cook until beef is browned. Add salt and measured liquid. Bring to boil; stir in rice; cover and simmer for 5 minutes. Stir in ¼ cup of the cheese, and spoon mixture into peppers.

■ Pour tomatoes, kidney beans and ½ teaspoon chili powder into skillet. Place stuffed peppers in the skillet; sprinkle with remaining cheese. Cover and simmer 5 minutes. Makes 2 servings.



## Stuffed Peppers

Ground beef is stretched with brown rice.

- 6 large green peppers, halved lengthwise and seeded
- Salt
- 1 lb. ground beef
- Medium onion (chopped medium-fine), ½ to ¾ cup
- Medium carrot (pared and grated medium-fine), ½ to ¾ cup
- 2 cups cooked brown rice
- ½ to 1 teaspoon dried crushed oregano
- 1 15-oz. can tomato sauce

Cover peppers with boiling water and add ¼ teaspoon salt; boil 5 minutes; drain. Place in single layer in a 13½ by 8¾ by 1¾-inch baking dish. In a 10-inch skillet over moderate heat cook beef and onion, crumbling with a fork, until meat loses its red color. Stir in carrot, rice, 1½ teaspoons salt, oregano and ½ of the tomato sauce; fill peppers with mixture. Spread remaining tomato sauce over meat mixture. Bake in a preheated 350-degree oven, basting every 15 minutes with juices in pan until peppers are tender and meat mixture is hot — about 45 minutes. Makes 6 servings. (This stuffing is bland; you can add chili powder to taste to the tomato sauce if you like.)

## STUFFED PEPPERS

8 green peppers	4 medium-sized tomatoes, chopped (2 cups)
1 small onion, chopped	1½ cups cut, fresh corn (3 to 4 ears)
1 pound ground beef	Salt and pepper
2 tablespoons fat	Buttered crumbs

Cut tops from green peppers; remove seeds. Precook peppers 5 minutes in boiling water; invert to drain. Brown onion and beef in hot fat; add tomatoes, corn, and seasoning. Stuff peppers with this mixture and top with buttered crumbs. Place each stuffed pepper in greased muffin pan containing 1 tablespoon hot water, or stand stuffed peppers in greased baking dish; add hot water to depth of ½ inch. Bake uncovered in moderately slow oven (325°) 1 hour.

At any rate, we're going to try sausage one more time. This recipe calls for the kind of sausage you buy in a block. If you can't find it, use patties. Or take a Southern vacation and pick up a pound.

## SAUSAGE-STUFFED GREEN PEPPERS

**¼ pound sausage**  
**½ small onion, chopped**  
**3 fresh mushrooms, sliced**  
**½ cup shredded Cheddar cheese**  
**½ teaspoon oregano**  
**1 green pepper**

Preheat oven to 300 F. Cut green pepper in half, lengthwise. Put in boiling water for about five minutes. Remove, drain and pat dry. Break sausage into small pieces. Fry sausage and onion until brown. Add mushrooms and saute about 2 minutes. Add cheese and oregano. Put sausage mixture into pepper halves. Put peppers in a baking dish and bake for 20 minutes.

## STUFFED PEPPERS, ARABIAN STYLE

**8 large green peppers**  
**3 tablespoons vegetable oil**  
**¾ cup chopped onions**  
**1 pound ground beef**  
**¾ cup half-cooked rice**  
**½ cup peeled, chopped tomatoes**  
**3 tablespoons chopped parsley**  
**2½ teaspoons salt**  
**¾ teaspoon freshly ground black pepper**  
**1 8-ounce can tomato sauce**  
**½ cup water**  
**1 teaspoon ground cumin**



Wash the peppers, cut a 1-inch piece off the stem end and scoop out the seeds and fibers. Heat the oil in a skillet; sauté the onion 10 minutes, stirring frequently.

Mix together the beef, rice, tomatoes, sautéed onions, parsley, 1½ teaspoons salt and ½ teaspoon pepper. Stuff the peppers; arrange in a baking dish. Mix together the tomato sauce, water, cumin and remaining salt and pepper. Pour over the peppers. Cover and bake in a 350°F. oven for 1 hour. Baste frequently and remove cover for last half hour. Serves 4 to 8.



Bedtime  
Story



# eat well

## POTATO PRIMER

Americans will each eat nearly 130 pounds of potatoes this year, according to the USDA. Good thing there are thousands of varieties—including these six favorites—to choose from. Look for firm, smooth skins and no sprouting (a sign nutrients are depleting). Store potatoes in a cool, dark place; never refrigerate or freeze, since cold causes their starch to convert into sugar. Thin-skinned waxy spuds should be used within a week, while starchy ones can last months. Turn the page to find out which to boil, which to bake and which to fry, French-style.

blue or purple



fingerling



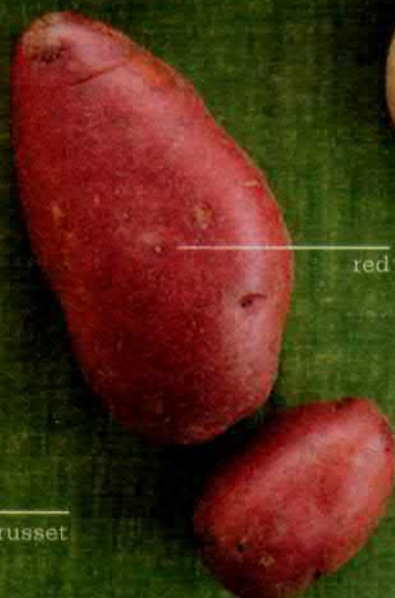
yellow



white



red



russet



# Return of the spud

By Willetta Warberg

**W**hen you were brought up, the potato was probably the centerpiece of your daily diet. Then, in recent years, you got the idea that the spud was responsible for those extra bulges around your middle and not worth a second glance in the supermarket.

But now you're finding out: Mother knew best when she respected the potato and gave it the most important place in her larder. "You can count on the potato," she said. "Use it mashed to fill spaces on dinner plates, make cold and hot salads with it, serve it French fried or country fried with sandwiches, bake it, stuff it, or make potato pancakes and coffee breads."

Chances are, though, that your mother didn't quite know the exact nutritional attributes of the spud; only recently have scientists determined all the advantages provided by returning the potato to a place of honor in our diets.

You've undoubtedly heard some of the spud lowdown already. This tuber of South American heritage isn't fattening. It has no more calories per bite than an apple, but is denser with nutrients.

Never let it be said again that you don't know a medium-sized potato provides as much vitamin C as an orange; that it furnishes several B vitamins including thiamin, niacin and hard-to-find vitamin B<sub>6</sub>, important trace minerals such as copper, magnesium, and small amounts of iron and vegetable protein. To top that, the potato's potassium level is as great as the banana's—but it contains fewer calories.

Besides providing incredible nourishment, this special food adds to the daily fiber intake, a dietary item of renewed interest.



Photos: Went Studios

Baked potatoes are especially nutritious. Eat them plain or enhance with various toppings.

**Buying:** Four basic types of potatoes are available in food stores nationally throughout the year. All are delicious. You can find the oval, reddish-brown-skinned russet; the red-skinned round; the beige-skinned long white; and the beige-skinned round white. A medium-sized potato makes one 6- to 8-ounce portion, or one cup.

New potatoes are not a variety, but simply potatoes that go directly from the field to the market without being put in storage.

Supermarket potatoes are usually graded by Federal or state officials. Sizes available will vary, but we suggest you purchase those of medium size. This facilitates even cooking.

Select spuds free from wrinkles or wilted skins. Avoid buying potatoes with dark spots, cut surfaces or greenish tints.

**Storing:** Gently wipe newly purchased potatoes with a dry cloth. Put

them in a cool, humid but not wet, dark place that's well-ventilated. A temperature between 45 and 50 degrees F. is ideal. At this temperature, potatoes should keep well for several weeks.

Greening of potatoes comes from allowing them to have a prolonged exposure to light. Should they have green spots on them after you've stored them a while, cut spots off before using or the potato will taste bitter.

Do not refrigerate potatoes. Below 40 degrees, they will develop a starchy-sweet taste as the result of an accumulation of sugars. This increased sugar will cause the potato to darken when cooked.

**Cooking:** Cook potatoes with their skins on if possible. That's a good way to conserve their nutrients. If you must peel them, keep the parings as thin as possible.

Potatoes retain nutrients better if

*continued*

## Return of the spud *continued*

cooked whole. They may be halved, sliced or diced if shorter cooking time is required. To keep cut potatoes from turning dark, dip them in cold water to which a little lemon juice or ascorbic acid has been added. Don't soak them: Soaking potatoes too long can result in unnecessary vitamin loss.

**Save energy:** Bake a bunch of potatoes and save! Yes, you can bake all the potatoes you need for a week or two at the same time, which will save many oven hours on your electric or gas bill. Cool and store them, covered, in the refrigerator, then use them as you need them.

Decide how you want to eat your potato each day. Count the potatoes you'll need for a few days, buy them, and do the original potato-cooking at one sitting.

### STANDARD-OVEN-BAKED POTATOES

Preheat oven to 400°F. Scrub potatoes under cold running water; cut off blemishes; pat dry and prick in several places with skewer or fork. Potatoes wrapped in foil or rubbed with salad oil before baking have softer skins than those baked with skins exposed and/or dry. This is a matter of preference.

All medium-sized spuds require 45 to 60 minutes to become soft when pinched with mitts, or tested with fork or skewer.

### MICROWAVE-OVEN-BAKED POTATOES

Scrub, pat dry and prick uniformly sized potatoes with skewer or fork. Place in a spoke pattern, with the smaller ends toward the center, in microwave oven. Follow oven manual for cooking time. Most ovens require four to five minutes to bake a medium-sized spud, plus two minutes for each additional one cooked at the same time. It's important to turn potatoes over halfway through microwave baking time.

### BAKED-POTATO TOPPINGS

(These toppings are delicious for freshly baked or reheated potatoes.)

#### Chef's Sauce

- 1/4 cup sour cream
- 2 tbsp. soft margarine or butter
- 1/2 cup shredded sharp Cheddar cheese
- 1 tbsp. chopped chives (optional)

Combine sour cream, margarine, cheese and chives in small bowl. Spoon over hot baked potatoes. Makes two servings.

### Mock Sour Cream

- 1 cup cottage cheese (puréed in blender or sieved)
- 1 tsp. prepared horseradish
- minced parsley

Combine cottage cheese and horseradish in small bowl. Garnish with minced parsley. Serve as topping for hot baked potatoes. Makes two servings.

### Other toppings

- Peanuts, whole or chopped
- Chopped dried beef
- Chopped cooked bacon
- Chopped onion
- Sunflower seeds
- Grated cheeses

### POTATO PEELING SNACK

- peelings from prebaked potatoes
- grated Parmesan cheese

Brush off flaky thin outside coating from baked potato peelings and discard. Spread peeling pieces on baking sheet, skin-side down. Sprinkle lightly with Parmesan cheese. Place under broiler and broil until lightly browned. Be careful not to burn.

### CHUNKY CHEESE POTATOES

- 2 medium-sized prebaked potatoes, peeled and cut into large chunks
- 2 1/2 tbsp. margarine or butter, melted
- 1/2 cup shredded sharp Cheddar cheese
- 1 slice dry bread, crumbed
- 1/4 tsp. paprika

Arrange chunks of potato in greased baking dish. Brush potato pieces with melted margarine. Combine shredded cheese, crumbs and paprika; sprinkle over potatoes. Bake in 375°F. oven 15 minutes, or until cheese melts and potatoes are hot. Makes two servings.

### HERB-BUTTERED HASH BROWNS WITH TUNA FILLING

- 2 medium-sized prebaked potatoes, peeled and shredded (reserve peel for Potato Peeling Snack recipe)
- 1 tbsp. chopped chives
- 1/2 tsp. seasoned salt
- 1 tbsp. margarine or butter, melted
- 1 egg, beaten

Combine shredded potatoes, chives, salt, margarine and egg. Press mixture into bottom and sides of two individual-size baking dishes. Bake in 400°F. oven 15 minutes, or until lightly browned. Fill with Tuna Filling. **Tuna Filling:** Melt 2 tablespoons margarine or butter in small saucepan. Stir in 2 tablespoons all-purpose flour and blend well. Gradually stir in 1 cup milk and cook over low heat, stirring, until thickened. Season to taste



This homemade bread offers extra nutrition because it contains milk, whole wheat and enriched white flour and potato.

with salt and pepper. Gently fold in 1 3/4-ounce can tuna. Serve in hot potato shells. Makes two servings.

### TWICE-BAKED POTATOES

- 2 medium-sized prebaked potatoes
- 1/4 cup milk, heated
- 1/4 lb. ground beef, browned and drained, or 1/4 cup chopped cooked beef
- 2 tsp. sour cream
- salt and pepper to taste
- 1/4 cup shredded cheese

Cut slice about 1/4-inch thick from one side of each potato. Scoop potato flesh into bowl, reserving shells. Mash potato flesh with milk and sour cream. Season to taste with salt and pepper. Fold in beef. Fill reserved potato shells with mixture. Top each re-filled potato with shredded cheese. Bake in 400°F. oven 15 minutes, or until cheese melts and potatoes are hot. Makes two servings.

### BAKED-POTATO BREAD

- 1/2 cup warm water (100°F. to 115°F.)
- 1 package active dry yeast
- 1 tbsp. sugar
- 1 cup warm milk
- 1 stick (1/2 cup) margarine or butter, melted
- 1/4 cup honey
- 1 tbsp. salt
- 2 eggs
- 1 cup mashed prebaked medium-sized potato
- 2 1/2 cups whole-wheat flour
- 2 1/2 cups all-purpose flour (approximately)

Measure water into small bowl; stir in yeast and sugar; set aside to dissolve yeast. In large mixing bowl, combine milk, margarine, honey, salt, eggs and potato; mix well. Add yeast; stir in thoroughly. Add flour, 1 cup at a time, beating well after each addition to make a stiff dough. Add more flour if necessary. Turn dough onto floured board and knead for about 10 minutes, or until smooth and elastic. Shape dough into ball. In large greased mixing bowl, place dough,

turning ball to coat with grease on all sides. Cover; let rise in warm, draft-free place, until double in bulk. Punch down and turn onto floured board; knead again for 3 minutes. Cut into four equal pieces. Shape into four loaves and place in greased 7x3x2-inch pans. Cover; let rise until doubled in bulk (about 1¼ hours). During last 15 minutes of rising (proofing), preheat oven to 375°F. Bake bread 30 minutes, or until loaves sound hollow when tapped. Cool on racks. Bread may be wrapped and frozen. Makes four small or two regular-sized (9x5x3-inch) loaves.

### POTATO AND PORK CASSEROLE

- 2 medium-sized prebaked potatoes, peeled and sliced
- ½ cup cubed cooked pork
- ¼ cup milk
- ½ 10¾-oz. can cream of mushroom soup (save remaining soup, covered in refrigerator, for other uses)
- ½ tsp. salt
- ¼ tsp. pepper
- 2 green onions (scallions), chopped (optional)

Layer sliced potatoes and pork in greased 1-quart casserole. In small saucepan, gradually combine milk and soup; stir until smooth. Stir salt, pepper and onions into milk mixture. Pour sauce over potatoes. Bake in 325°F. oven 25 minutes, or until heated through. Makes two servings.

### GOLDEN BAKED-POTATO SALAD

- 2 medium-sized prebaked potatoes, peeled and cubed
- 1 tsp. sugar
- 1 tsp. lemon juice
- 2 stalks celery, chopped
- 2 green onions, sliced
- 3 hard-cooked eggs
- ¾ cup mayonnaise
- 2 tbsp. prepared mustard
- ¼ tsp. turmeric

Combine potatoes, sugar, lemon juice, celery and onion in mixing bowl. In separate bowl, combine mayonnaise, mustard and turmeric; stir into potato mixture. Peel and chop two of the eggs; carefully fold into mixture. Turn salad into serving bowl lined with endive or lettuce; garnish with remaining egg, sliced. Makes two servings.

### BAKED-POTATO SOUP

- 2 cups water
- 2 chicken bouillon cubes
- 1 tbsp. margarine or butter
- 1 stalk celery, chopped

- 1 carrot, peeled and shredded
- 2 cups milk
- 2 medium-sized prebaked potatoes, peeled and cubed
- 1 tsp. chopped parsley (optional)
- 2 slices toasted bread, each cut into four triangles
- 2 slices cheese

Bring water to boil in saucepan; dissolve bouillon cubes in water. In small frying pan over medium heat, melt margarine. Stir in celery and carrot; cook until tender; stir into broth. Add milk, potatoes and parsley. Simmer 30 minutes, stirring occasionally. Just before serving, top toast slices with cheese; broil until cheese melts. Float toast triangles on bowls of steaming soup.

### SAVORY MEAT AND POTATO HASH

- 1 tbsp. margarine or butter
- ½ onion, diced
- 1 stalk celery, sliced
- 1 cup cubed roasted meat—beef, pork, corned beef, lamb
- 2 medium-sized prebaked potatoes, peeled and cubed
- ½ tsp. salt (optional)
- ¼ tsp. pepper
- ¼ cup leftover gravy (approximate)

Melt margarine or butter in saucepan. Sauté onions and celery until tender. Add cubed meat and stir until heated through. Add potatoes and brown slightly. Add seasonings to taste and just enough gravy to moisten. Makes two servings. □



### CHEDDARY SCALLOPED POTATOES

- 2 tbsp. margarine
- 1 small onion, sliced
- 1 can (10½ oz.) Campbell's® NEW Broccoli Cheese Soup
- ½ cup milk
- ¼ tsp. pepper
- 4 medium potatoes, cooked and sliced (about 3½ cups)

1. In skillet over medium heat, in hot margarine, cook onion until tender.
2. Stir in soup, milk and pepper. Heat to boiling. Add potatoes. Reduce heat to low. Cover; simmer 5 min. or until hot and bubbling, stirring occasionally. Garnish with sage if desired.

4 servings. Recipe may be doubled.

Prep Time: 25 min. Cook Time: 10 min.

**FOR CHEESIER FLAVOR:** Add ½ cup shredded Cheddar cheese with soup.



Pommes Boulanger are a superb potato service from the French, for six. Our thanks to Mrs. F. B. Curtenius of Kalamazoo, Mich., a native of Venice by the way.

- 8 medium-size potatoes
- 3 medium-size onions
- Butter
- Salt

Fresh-ground black pepper

1 bay leaf

2 cups canned beef consommé

Wash and peel potatoes and slice them very thinly and dry on paper toweling. Slice onions very thinly, place in saucepan and cover with cold water. Heat to boiling and drain immediately. Butter a casserole very generously and arrange alternate layers of potatoes and onions therein, dusting each layer with salt and pepper. Have a layer of potatoes on top.

Insert bay leaf and add consommé until dish is about three-quarters full. Bake at 350 degrees, covered, for 20 minutes, then uncover and continue baking until potatoes are tender and nicely browned.

# Scalloped Potatoes Is Dish That Lends Itself to Variation

Christian Science Monitor

Scalloped potatoes are a favorite American dish although there are many variations, usually family favorites, such as adding cheese, ham, or even sausages.

Other variations include chives as well as onions, mushrooms, or bits of bacon or other meat.

The basic recipe contains sliced potatoes, a generous amount of sliced onions, butter and seasonings, plus either a white sauce or milk. These are often layered in a casserole or ovenproof baking dish, then baked at a medium or slow heat until a golden brown.

The following, which is also very simple to put together, adds tomatoes, as well as cheese.

## Tomato-Potato Casserole

- 2 large potatoes, boiled and peeled
- 2 large onions, sliced thin
- 3 large tomatoes, in thick slices
- 4 tbsps. butter
- 3/4 cup grated Parmesan cheese
- Salt and pepper to taste
- 1/4 cup water

In well-greased baking dish, place layers of onions, sliced potatoes, and tomatoes, dotting each layer with butter and cheese and sprinkling with salt and pepper. Pour water over.

Bake for about 1 hour at 375 F, until onions are well cooked and tomatoes are soft and juicy. Makes 4 servings.

## When Life Gives You Potatoes...

If you come from a family that has gone through several divorces, it can get complicated around the holidays. Who do you celebrate with and where? This past Thanksgiving, we solved that dilemma by celebrating four times, circling one impromptu, last-minute celebration that involved a supermarket rotisserie chicken, supermarket cranberry sauce, and Simply Potatoes mashed potatoes. Faced with a mound of leftover mashies, we found this recipe for grouch from the Tasting Table. It calls for two cups of mashed potatoes, one cup of all purpose flour, and one lightly whisked egg. "Put the flour in a large bowl and add the mashed potatoes to the center. Then, in the center of the potatoes, create a well for the egg. Depending on how much you seasoned your original mashed potatoes, add 1/2 teaspoon to a full teaspoon of salt, then stir it with a fork so everything comes together. Knead the mixture, adding flour as necessary, then roll out ropes of dough and cut them into 1/2-inch pieces. Cook in boiling water for 2 minutes until they float, and all that's left to do is drain them in brown butter and enjoy." I liked them so much that now I buy the mashed potatoes just to make them. You can find Simply Potatoes at Stop & Shop and other major food markets. Want the original recipe? Search on Google for "The Best Way to Use Leftover Mashed Potatoes Tasting Table."

—Pam McMorrey



Good the first time around, even better the second. Photo courtesy of Simply Potatoes

Harbor News 12-08-16

Writen up in "COOKS" MAG.  
Harbor News Apr. 26, 2007

## Scalloped Potatoes

Yield: Serves 8 as side dish; 4 to 6 as an entrée

- 4 large garlic cloves, peeled and smashed, sliced or chopped
- 2 tablespoons butter
- 2 1/2 cups half-and-half, or half-and-half plus milk, or heavy cream and milk
- 1 1/4 teaspoon salt
- (less or none at all if you use country ham)
- 1/2 teaspoon (or more) freshly ground pepper
- 1/8 or so grated nutmeg
- cayenne pepper to taste
- 3 pounds russet potatoes, peeled and cut into 1/8-inch slices

Set oven at 350 degrees. Rub some garlic inside a 6-cup gratin pan or shallow baking dish. Wait until it dries, then rub half the butter over the dish.

Bring liquid, salt, pepper, nutmeg, cayenne, potatoes, rest of the garlic, and butter to boil in a saucepan over medium-high heat, stirring occasionally with wooden spoon (liquid will barely cover potatoes). Reduce heat and simmer for around 5 minutes.

Pour potatoes into prepared dish and distribute potatoes with a fork, gently pressing potatoes down until submerged. Bake until top is golden brown (basting once or twice during the first 45 minutes, if necessary) about 75 minutes. Let rest a few minutes and serve.

This is delicious even the next few days.

■ Lorraine Logan of Bloomfield requested a recipe for garlic mashed potatoes. Barbara Hopkins found this recipe in Better Homes and Gardens. She writes, "Baking the garlic gives the dish a much better flavor. Some recipes call for the garlic cloves to be added to the raw potatoes when cooking them. This makes for a more mild garlic flavor."

## ROASTED GARLIC MASHED POTATOES

9-17-97

- 10 to 12 cloves garlic
- 1 teaspoon cooking oil
- 4 medium potatoes (1 to 1 1/2 pounds)
- 2 teaspoons margarine or butter

■ Place garlic cloves in a custard cup; drizzle with oil. Bake in a 350-degree oven for about 20 minutes or until garlic is very soft; cool. When cool enough to handle, peel garlic, discarding skins and reserving oil.

■ Meanwhile, peel and cut up potatoes. Cook, covered, in boiling salted water for 20 to 25 minutes or until tender; drain. Transfer potatoes to a larger mixing bowl. Mash potatoes with potato masher or beat with an electric mixer on low speed. Add garlic, reserved oil, margarine or butter, salt and pepper. Gradually beat in enough of the milk to make light and fluffy. Serve immediately. Makes 4 servings.

Our Light olive oil makes baking  
**flavorful** and fantastic.



Crisco® Roasted  
Potatoes with  
Rosemary

4 pounds small variety potatoes, whole or  
cut in half  
1/3 cup Crisco® Light Olive Oil  
3-4 cloves garlic, chopped  
1 cup chopped onion  
2 tablespoons chopped fresh rosemary  
Salt and pepper, to taste

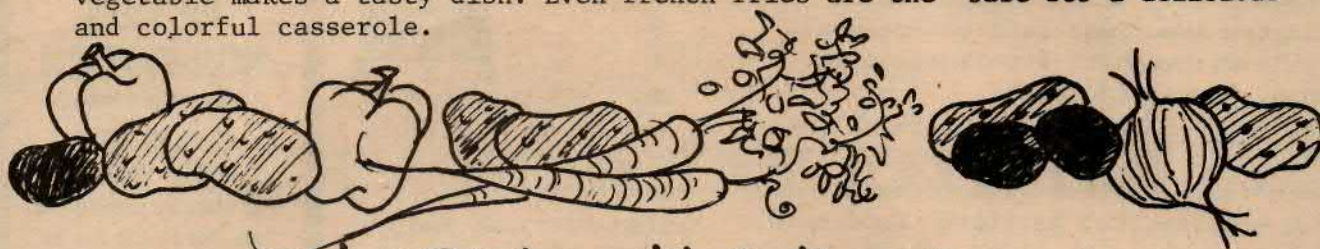
1. Heat oven to 425°F.
2. Place potatoes, oil, garlic, onion, rosemary and salt and pepper in a large baking pan.
3. Toss well to mix ingredients.
4. Bake 40 to 45 minutes, stirring occasionally and gently until the potatoes are cooked and lightly browned.

Prep time: 15 min Cook time: 45 min Yield: 8 servings

**Crisco** is cooking™

For more recipes visit [Crisco.com](http://Crisco.com)

We often forget that readily available foods that are the staple of everyone's diet---potatoes for example---lend themselves to more than baked or fried, or mashed. New Potatoes with Garlic Sauce should be tempting to those who object to the fine skin on a new, boiled potato. Potato Crust Vegetable Pie is another version of what to do with an ordinary potato of the boiling variety. Frozen or your own mashed potatoes, browned a little, combined with Zucchini or another vegetable makes a tasty dish. Even french fries are the base for a delicious and colorful casserole.



## New Potatoes with Garlic sauce

Water	2 to 3 cloves garlic,
8 small new potatoes	crushed, or to taste
(about 1-1½ lbs.)	3 tablespoons finely
¾ cup mayonnaise	chopped nuts

In medium saucepan bring 1" water and potatoes to boil. Cover and cook over medium heat 20 minutes or until potatoes are tender. Meanwhile mix well mayonnaise, garlic, and nuts. Drain potatoes; cool just until easy to handle. Cut each potato in 4 slices. Toss mayonnaise mixture with hot potatoes. Let stand 2 to 3 minutes to slightly melt dressing. Makes 4 servings. Leftovers are good chilled.

## French Fry Bake

¾ cup chopped green pepper	3 cups milk
¾ cup chopped celery	¾ cup shredded American cheese (3 oz.)
1/3 cup butter or margarine	¾ cup coarsely shredded carrot
1/3 cup all-purpose flour	1/3 cup chopped pimiento
1/2 teasp. salt	1 32 oz. pkg. frozen french-fried potatoes
1/8 teasp. pepper	Chopped green pepper (optional)

In a large saucepan cook ¾ cup green pepper and celery in butter or margarine till tender but not brown. Stir in flour, salt and pepper. Add milk all at once. Cook and stir till bubbly. Cook and stir 1 minute more. Add half the cheese, the carrots, and pimiento, stirring till cheese is melted. In a 13x9x2" baking dish combine the potatoes and cheese sauce. Bake in a 375° oven 30 minutes. Sprinkle remaining cheese atop; bake 5 minutes more. Garnish with additional green pepper.

## Potato Crust Vegetable Pie

1 12 oz. pkg. frozen shredded hash brown potatoes, thawed, well drained	Dash of pepper
½ teasp. salt	1 cup milk
¼ cup chopped onion	1 cup (4 oz.) shredded natural swiss cheese
¼ cup margarine	2 cups thin zucchini slices
¼ cup flour	2 eggs, beaten
	1 teasp. salt

Combine potatoes and salt; mix lightly. Press onto bottom and sides of greased 10" pie plate. Bake at 425°, 30 minutes. Saute onion in margarine. Blend in flour and seasonings. Gradually add milk; cook, stirring constantly, until thickened. Add cheese; stir until melted. Add zucchini and eggs; mix well. Pour into crust. Bake at 350°, 25-30 minutes or until lightly browned.



## Nancy's Meat Shell Potato Pie

BAKE  
350°  
25 min.

- |   |                               |
|---|-------------------------------|
| 1 can condensed <u>cream of mushroom</u> soup | 1/4 tsp. salt                 |
| 1 lb. <u>ground beef</u>                      | Dash of pepper                |
| 1/4 cup finely chopped onion                  | 2 cups <u>mashed potatoes</u> |
| 1 egg, slightly beaten                        | 1/4 cup shredded mild cheese  |
| 1/4 cup fine dry bread crumbs                 | Cooked bacon, crumbled        |
| 2 Tbsp. chopped parsley                       |                               |

### Directions

Mix thoroughly 1/2 cup soup, beef, onion, egg, breadcrumbs, parsley and seasonings. Press firmly into a 9-inch pie plate. Bake at 350° F for 25 minutes. Spoon off the fat, then frost with potatoes. Top with remaining soup, cheese and bacon. Bake 10 more minutes or until done. (Nancy "kicks it up a notch" by adding Creole seasoning to the meat mixture. She also adds a layer of sliced mushrooms.)

Go to [countrydoor.com](http://countrydoor.com) for more recipes

Because  
someone we love  
is in heaven,  
there's a little bit of  
**HEAVEN**  
in our home.

### Savory Meat Loaf & Roasted Potatoes

Prep Time: 10 min. • Cook Time: 1 1/2 hr.

1 can (10 3/4 oz.) Campbell's® Condensed Tomato Soup	1 egg, beaten
2 lb. ground beef	1/4 cup French's® Worcestershire Sauce
1 can (2.8 oz.) Durkee® French Fried Onions	8 medium potatoes, cut into quarters

1. Mix 1/2 cup soup, beef, 1/2 can onions, egg and Worcestershire **thoroughly**. In baking pan shape **firmly** into 8" by 4" loaf. Place potatoes around meat loaf.

2. Bake at 350°F. 1 hr. Stir potatoes.

3. Spoon remaining soup over meat loaf. Bake 25 min. or until meat loaf is done (160°F.). Stir potatoes. Sprinkle remaining onions over meat loaf. Bake 5 min. or until onions are golden. Serves 8.

Durkee® is a registered trademark of Burns Philp Food, Inc.



### Crispy Herbed Potatoes

Simple, flavorful potatoes, wonderful flavor with a minimum of fat, great with a roast or baked chicken. This is a nice dish anytime of year, and can be made with any type of potato, but new red potatoes taste best. It might be necessary to use 5 lbs. or potatoes to please potato loving families such as the Penzeys.

- 3 lbs. small new red potatoes, scrubbed and cut into halves
- 3 TB. olive oil
- 2 TB. HERBS—an herb blend such as ITALIAN HERB or BOUQUET GARNI is perfect, or mix a combination of OREGANO, BASIL, MARJORAM, PARSLEY, CHIVES, THYME and/or CRACKED ROSEMARY to your taste.
- $\frac{1}{2}$  tsp. GROUND BLACK PEPPER
- $\frac{1}{2}$  tsp. salt

Toss potatoes in olive oil, add HERBS, GROUND BLACK PEPPER and salt. Place in a separate baking dish and bake on the rack under the roast. The potatoes should take about an hour to cook, so put them in the oven one hour before the roast is done. When the roast is removed, the oven can be turned to low broil and the potatoes put on the upper rack to brown for five minutes or so if darker brown potatoes are desired.

Serves: 8-12. Prep. time: 10 minutes Cooking time: 1 hour.

### Spiced Yorkshire Pudding

No, it isn't pudding, it's tasty, old-fashioned English pan bread. Traditionally the batter is simply poured onto a cookie sheet with edges and cut into squares when it is done. A muffin pan makes pretty, round biscuits that can simply be popped out onto a serving plate, eliminating the need to cut before serving. Wonderful topped with beef gravy, au jus drippings, or a bit of butter.

- $\frac{1}{2}$  Cups flour
- $\frac{1}{2}$  tsp. GROUND BLACK PEPPER
- $\frac{1}{2}$  tsp. GRANULATED GARLIC
- 1 tsp. CRACKED ROSEMARY LEAVES
- 1 tsp. THYME LEAVES
- $\frac{1}{4}$  tsp. baking powder
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  Cups milk
- 2 eggs
- 2 TB. drippings from the rib roast (since Yorkshire Pudding is usually served with roast beef, the drippings are used to add great flavor to the bread. 2 TB. butter or margarine can be substituted, but the flavor isn't quite as rich)

Mix flour with GROUND BLACK PEPPER, GARLIC, ROSEMARY, THYME, baking powder and salt. Blend in milk and eggs, mixing by hand until just combined. Remove about 2 TB. of drippings from the roast, use to grease a standard 12 muffin pan (vegetable oil spray can be used for a less caloric—and less tasty—version that would please any non-meat eaters at the table). Pour about 2 TB. worth of batter into each tin, place in the oven with the roast for the last 30 minutes of cooking time. When the roast has been removed, turn the oven up to the low broil setting for the final 5 minutes, which will brown the bread nicely. Turn the oven off. Yorkshire pudding can wait a few minutes if necessary, then pop out the bread rounds onto a platter and serve warm.



by Betty Crocker

THIS DELICIOUS, satisfying dinner dresses up hamburger and leftover potatoes. Uses oven thriftily. Why not serve this tempting menu soon?

Individual Meat Loaves  
Zippy Oven-Creamed Potatoes  
Tossed Green Salad  
Fresh Peach Cobbler (Bisquick)  
Iced Tea Milk

CROWNING TOUCH of the meal, this luscious Fresh Peach Cobbler! Ambrosial fruit in rich amber peach juice. Topped with golden-crust biscuit puffs that are feather-light and meltingly tender. And so easy to make with Bisquick. Just add cream and drop dough on hot fruit mixture. Jiffy directions on the Bisquick box.

FOR RICHER FLAVOR in your cobbler, use brown sugar to sweeten the peaches... Substitute orange or lemon juice for part of liquid specified in package directions... Or sprinkle fruit with cinnamon, nutmeg or mace.

**Zippy Oven-Creamed Potatoes:** Slice leftover cooked potatoes into shallow greased baking dish. Add a little grated horseradish to thin white sauce and pour over potatoes. Bake in oven with meat loaf. Delicious combination!

Better-tasting than ever! Fruit cobblers and all your other Bisquick bakings, too. Lighter, more tender, with a deeper golden crust color. For Bisquick has actually been improved. Won't you try the new "tenderized" Bisquick?

**MEAT LOAVES** will have lighter texture if you use soft bread crumbs, not fine dry ones. For tender juicy loaves, shape lightly—don't pack. To cut time, bake little loaves, in custard or muffin cups.

# INTRODUCING THE SECRET TO ROASTED-IN TASTE.

NEW RECIPE SECRETS™ FOR POTATOES  
Pour on and bake for a roasted-in taste  
that's deep-down delicious. Look for it in the  
Bread Crumb/Coating section of your store.

**RECIPE**  
1. Cut potatoes into chunks  
or wedges. In bowl, toss  
with Recipe Secrets for Potatoes.  
2. Turn into large baking pan.  
Bake until potatoes are tender  
and golden brown. See bottle  
for complete directions.

POTATOES : (4 ways to fry)

Potato Balls : Add egg & cheese to mashed  
potatoes, shape into balls; roll in crumbs;  
Pan fry golden brown in Crisco.

Hash Browns : Add chopped onion, green pepper,  
pimiento to cooked diced potatoes. Fry in  
Crisco.

Lettuce & French Fries : Deep fry at 365°F.



**Season...**



**Bake!**



## Baked Potato Slims

A flavor coated, oven-baked version of the French Fry. No more deep fat frying. Just golden, cheese-spiced potato goodness your family can get excited about. Tabasco brand pepper sauce adds that mmm-what's-in-it flavor.

- 1/4 cup water
- 2 tablespoons vegetable oil
- 1/2 teaspoon Tabasco® brand pepper sauce
- 4 medium size Idaho® Potatoes or 1 pkg. (9 oz.) frozen Idaho French fries
- 1/4 cup grated Romano or Parmesan cheese
- 1 envelope Shake 'n Bake® Seasoned Coating Mix for Chicken
- Reynolds Wrap® Aluminum Foil

Mix water with oil and Tabasco. Peel 4 Idaho Potatoes and cut into strips or use unthawed frozen Idaho French fries. Toss potatoes in water and oil mixture. Mix cheese with Shake 'n Bake in bag. Shake 8-10 strips in bag at one time until evenly coated. Place potatoes on Reynolds Wrap sheet. Bake in preheated 400° oven for 30-35 minutes (20-25 for frozen potatoes).

**TABASCO®**

# healthy cook

BY CHRISTINE MAKUCH

## Smart Spuds

**“Judging from your letters, which I love, potatoes are a hands-down, across-the-board reader favorite. They’re one of mine, too—naturally healthy, after all—and you’ve taught me a trick or two for keeping them that way.”**

### Bake ‘em

Place well-scrubbed **baking potatoes** directly on oven rack in a 450°F oven. Bake 1 hour (for an 8-ounce potato) or until tender when pierced. **To microwave:** Follow manufacturer’s instructions. To crisp skin, pop microwaved potato into a 450°F oven 15 minutes, or into a toaster oven on the dark toast setting. (Run the toast cycle a few times.) Use a fork to pierce top of potato with an X, then squeeze ends together to open.

Since there’s nothing scarier than a naked baked potato, try this fat-free topping from **Jane Manning of Baltimore**. She calls it “Sneaky Something” and also serves it as a pasta sauce, a spread for sandwiches and a dip for vegetables:

Process 1 container (16 ounces) **fat-free sour cream**, 2 bottled whole **roasted red peppers** (drained) and ¼ teaspoon each **salt** and **pepper** in a food processor until smooth. Makes 2½ cups.

■ Per ¼ cup on an 8-ounce potato with skin: 227 cal, 0 g fat, 142 mg sod.



### Storing Potatoes

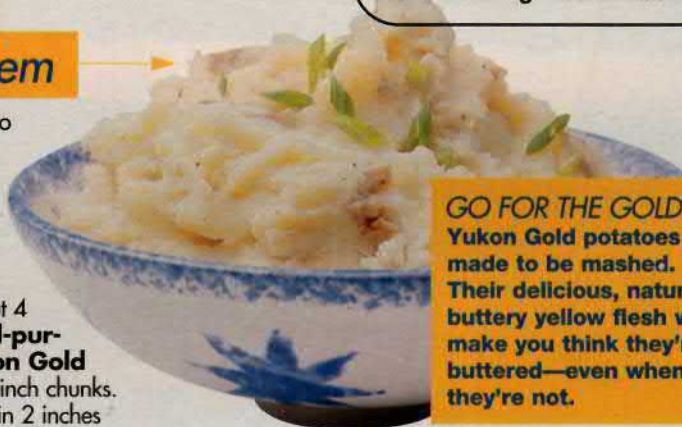
Keep in a cool, dark, dry, well-ventilated place (light may cause green spots and a bitter taste). **Don’t refrigerate** (the starch converts to sugar, creating a sweet, “off” taste), and **don’t store with garlic or onions** (which hasten mold).

**Nutrition**  
For a medium potato (5.3 ounces), we’re talking 100 calories, no fat and almost no sodium. It’s also a terrific source of vitamin C (almost half the USRDA), a good source of potassium and, with skin, has more than 3 grams of fiber.

### Mash ‘em

Next time you do mash, try this no-added-fat recipe from **Vera J. Byrum of Santa Maria, California**. Cut 4 (1¼ pounds) **all-purpose or Yukon Gold potatoes** in 1-inch chunks. Cook, covered, in 2 inches boiling salted water until fork-tender, about 15 minutes. Drain well, return to pot and mash with ½ cup **fat-free sour cream** (add more if you’d like it creamier), ¼ teaspoon **salt** and ⅛ teaspoon **pepper**. Sprinkle with sliced **scallions**.

■ Serves 4. Per serving: 150 cal, 0 g fat, 306 mg sod.



**GO FOR THE GOLD!** Yukon Gold potatoes are made to be mashed. Their delicious, naturally buttery yellow flesh will make you think they’re buttered—even when they’re not.

### Fry ‘em

This is my favorite low-fat way to oven-“fry” potatoes: Heat oven to 450°F. Coat a jelly-roll pan with nonstick cooking spray. Cut 2 large (10 ounces each) **baking potatoes** lengthwise in ¾-inch sticks. Place in a bowl and coat with nonstick spray. Toss with 2 teaspoons each **chili powder** and minced **garlic** and ¼ teaspoon **salt**. Spread in a single layer in prepared pan. Bake 25 to 30 minutes until crisp, browned and tender.

■ Serves 4. Per serving: 124 cal, 1 g fat, 159 mg sod.



Do your kids say “yuck” to fruits or vegetables? Which recipes of yours that use produce do they like? Write to me, Christine Makuch, *Woman’s Day*, 1633 Broadway, New York, NY 10019. Be sure to include your address and phone number. I’m sorry that I cannot acknowledge or return your letters, but we will pay \$50 if we publish your idea and/or use it online.



Stored in a cool, dark spot, potatoes will last four weeks or more. But avoid the fridge. Cold air converts starch to sugar, resulting in an oddly sweet spud.

*Twice-Baked Potato  
with Chorizo*

This scooped-out side dish, made with thick-skinned russets, garners its doubly delicious flavor from tangy goat cheese and spicy Spanish sausage—as well as two trips to the oven.





## *Potato and Celery-Root Gratin*

In this decadent casserole, aged Gouda and a silky onion-and-garlic cream sauce elevate earthy layers of Yukon gold potatoes and celery root.

OPPOSITE PAGE Some of the most popular spuds in the produce aisle include (clockwise from bottom right) fingerlings, Yukon golds, red creamers, and russets, a.k.a. Idahos.

FOR THE RECIPES, turn to page 142.



*Potatoes and Sausages  
with Olives, Lemon, and Parsley*

Dazzle the meat-and-potatoes crowd with a Mediterranean-inspired skillet meal that brings together sweet Italian pork, briny olives, and tender fingerlings in a white wine-infused broth.

For the fluffiest mash, use super-starchy spuds like russets and skip the food processor—an old-fashioned masher or a ricer still works best.



### *The Ultimate Mashed Potatoes*

Russets, kosher salt, half-and-half, and a generous dollop (or two) of butter are all it takes to whip up this impossibly good Sunday-supper standard. Feeling fancy? Check out the yummy add-ins on the opposite page.

## Five scrumptious mashed-potato combos

Put a tasty spin on the classic comfort food by stirring in one of these savory, flavor-enhancing groupings.

1. Fried Shallots and  
Crème Fraîche



2. Prosciutto,  
Parmesan, and  
Parsley



5. Sautéed Shiitake  
Mushrooms, Sherry,  
Dry Mustard, Heavy Cream,  
and Marjoram



4. Roquefort,  
Toasted Walnuts,  
and Sage



3. Horseradish,  
Sour Cream,  
and Freshly  
Ground Pepper



A close-up photograph of a bowl of soup. The bowl is light-colored with a subtle pattern. The soup is a creamy, orange-red color. Several golden-brown, crispy croutons are scattered on top. A silver spoon is partially submerged in the soup. In the background, a dark pepper mill is visible on a dark, textured surface.

## *Roasted Garlic and Potato Soup with Homemade Croutons*

Simmered in chicken stock, red creamers lend velvety texture to this aromatic puree, made with sautéed onions, caramelized garlic, and a touch of Fontina cheese.

Eat up! One medium spud contains zero fat grams,  
45 percent of the recommended daily amount of  
vitamin C, and more potassium than a banana.



## *Crispy Rosemary Potato Chips*

Prepared from scratch with paper-thin slices of russet potatoes and a sprinkling of fresh rosemary, crunchy sea salt, and cracked pepper, America's favorite snack food has never tasted better.



## In Praise of Potatoes

PAGES 118–125

One potato, two potato, three potato, four—we've got more than 10 recipes that make the most of spuds.



### Potato and Celery-Root Gratin

Makes 6 servings. Working time 40 min.

Total time 1 hr. 40 min.

- 1 1/4 cups heavy cream
- 1/4 cup whole milk
- 1 small onion, halved
- 2 large garlic cloves, smashed
- Butter, for greasing baking dish and foil
- 1 pound celery root
- 1 1/2 pounds Yukon gold potatoes
- Salt and freshly ground pepper
- 2 ounces aged Gouda cheese, grated

1. Preheat oven to 400°F. In a medium saucepan over medium-high heat, bring heavy cream, milk, onion halves, and garlic to a boil. Remove from heat and let steep for 30 minutes.

2. Meanwhile, generously butter an 8-inch square baking dish and one side of a piece of foil large enough to seal over the dish. Using a sharp knife, peel, halve, and thinly slice celery root; cut slices in half. Peel and thinly slice potatoes. In prepared dish, arrange a layer of celery-root slices followed by a layer of potato slices; season to taste with salt and pepper. Repeat.

3. Remove onion and garlic from cream mixture and discard. Pour mixture over casserole. Cover pan with prepared foil and transfer to oven. Bake for 40 minutes.

4. Remove foil and sprinkle top of casserole with cheese. Return to oven and bake until bubbly and golden, about 15

minutes more. Transfer to a wire rack and allow to rest 15 minutes before serving.

**PER SERVING** protein: 7 g; fat: 22 g; carbohydrate: 31 g; fiber: 3 g; sodium: 172 mg; cholesterol: 80 mg; calories: 338.

### Twice-Baked Potato with Chorizo

Makes 6 servings. Working time 30 min.

Total time 2 hr.

- 6 large russet potatoes, scrubbed and dried
- Olive oil, for rubbing potatoes
- 3/4 pound fresh chorizo sausage, removed from casings
- 1/4 cup pimientos, drained
- 1/4 cup plus 2 tablespoons whole milk
- 2 tablespoons unsalted butter, melted
- 4 ounces goat cheese
- Salt and freshly ground pepper

1. Preheat oven to 400°F. Prick top of each potato a few times with a fork and rub with olive oil. Place potatoes directly on oven rack and bake until easily pierced with a paring knife, about 1 hour. Transfer to a wire rack and let cool.

2. Meanwhile, in a medium skillet over medium heat, cook chorizo until browned and crumbly and fat is rendered into pan, about 10 minutes. Stir in pimientos and cook for 2 more minutes. Set aside.

3. Using a serrated knife, halve potatoes lengthwise. Using a spoon, scoop out flesh from all 12 halves into a medium bowl,



leaving about 1/4-inch border of flesh inside potato skins. Place 6 potato-skin shells in a medium baking dish and set aside. (Discard 6 remaining scooped-out skins.)

4. Mash scooped-out potato flesh with a fork. Stir in milk and butter until mixture is smooth. Crumble goat cheese into potatoes and stir until just combined. Fold in sausage mixture and season with salt and pepper.

5. Divide potato filling among 6 remaining potato-skin shells and bake until heated through and tops begin to brown, about 20 minutes.

**PER SERVING** protein: 26 g; fat: 32 g; carbohydrate: 66 g; fiber: 7 g; sodium: 836 mg; cholesterol: 77 mg; calories: 650.



### Potatoes and Sausages with Olives, Lemon, and Parsley

Makes 6 servings. Working time 25 min.

Total time 1 hr.

- 1 1/2 tablespoons olive oil
- 2 pounds sweet Italian sausage
- 1 1/2 pounds fingerling potatoes, scrubbed and dried
- 1 medium onion, chopped
- 2 large garlic cloves, finely chopped
- 1 cup pitted whole green olives
- 1 cup low-sodium chicken broth
- 3/4 cup dry white wine
- 1 large lemon, peeled, thinly sliced, and seeded; plus 1 large lemon, cut into wedges for garnish
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper
- 1 tablespoon chopped fresh parsley, plus more for garnish

**1.** In a large skillet over medium-high heat, heat oil. Add sausages and brown on all sides, about 10 minutes. Transfer sausages to a plate and drain all but 1 tablespoon fat.

**2.** Using a serrated knife, halve potatoes lengthwise. Add to skillet, cut-side down and cook until well-browned, about 10 minutes. Reduce heat to medium-low, stir in onion and garlic, and cook for 2 minutes.

**3.** Cut reserved sausages into 2-inch slices and add to pan. Add  $\frac{3}{4}$  cup olives, chicken broth, wine, sliced lemon, salt, peppers, and 1 tablespoon parsley and bring liquid to a boil over medium-high heat. Reduce heat to medium-low, cover, and let simmer until potatoes are tender, about 30 minutes. Sprinkle with remaining  $\frac{1}{4}$  cup olives and more parsley. Serve with lemon wedges on the side.

**PER SERVING** protein: 28 g; fat: 19 g; carbohydrate: 29 g; fiber: 4 g; sodium: 1,128 mg; cholesterol: 45 mg; calories: 411.



### The Ultimate Mashed Potatoes

Makes 6 servings. Working time 10 min.

Total time 40 min.

- 2½ pounds russet potatoes, peeled and cut into 2½-inch cubes**
- Kosher salt and freshly ground pepper**
- 4 tablespoons unsalted butter, melted**
- $\frac{3}{4}$  cup half-and-half, heated**

**1.** In a large pot, cover potatoes with salted water by 2 inches. Bring to a boil over medium-high heat. Then reduce heat to medium and simmer until potatoes are tender when pierced with a knife, about 25 minutes.

**2.** Drain potatoes thoroughly in a colander and return to the pot. Add melted butter and, using a potato masher, mash potatoes to desired consistency. (For a smoother texture, pass potatoes through a ricer instead.)

**3.** Stir in half-and-half and 1 teaspoon salt to combine and until potatoes are creamy. Do not overstir or potatoes will become gluey. Season with salt and pepper and serve hot. To punch up this classic dish with savory add-ins, see below.

**PER SERVING** protein: 4 g; fat: 11 g; carbohydrate: 37 g; fiber: 3 g; sodium: 209 mg; cholesterol: 31 mg; calories: 260.

## FIVE SCRUMPTIOUS MASHED-POTATO VARIATIONS

Whip up the Ultimate Mashed Potatoes (recipe above), then stir in one of these mouthwatering flavor combinations.

### 1. Fried Shallots and Crème Fraîche

In a medium skillet over medium-high heat, heat **4 tablespoons oil**. Fry **3 large, sliced shallots**, until browned and golden, 6 to 8 minutes. (Discard any shallots that over-brown.) Using a slotted spoon, transfer shallots to a paper-towel-lined plate and sprinkle with  **$\frac{1}{4}$  teaspoon sea salt**. Stir shallots and  **$\frac{1}{3}$  cup crème fraîche** into the mashed potatoes.

### 2. Prosciutto, Parmesan, and Parsley

Stir **3 ounces prosciutto**, cooked and chopped; **6 tablespoons grated**

Parmigiano-Reggiano; and **3 tablespoons finely chopped parsley** into the mashed potatoes.

### 3. Horseradish, Sour Cream, and Freshly Ground Pepper

Stir  **$\frac{1}{2}$  cup finely grated fresh horseradish**,  **$\frac{1}{2}$  cup sour cream**, and **freshly ground pepper to taste** into the mashed potatoes.

### 4. Roquefort, Toasted Walnuts, and Sage

Stir **4 ounces Roquefort cheese, crumbled**;  **$\frac{1}{3}$  cup chopped walnuts, toasted**; and **2 teaspoons chopped fresh sage** into the mashed potatoes.

### 5. Sautéed Shiitake Mushrooms, Sherry, Dry Mustard, Heavy Cream, and Marjoram

In a medium skillet over medium-high heat, melt **4 tablespoons unsalted butter**. Sauté  **$\frac{1}{2}$  pound fresh shiitake mushrooms**, stemmed and sliced, until tender, about 6 minutes. Add **2 tablespoons sweet sherry** and cook until liquid evaporates, about 1 minute. Reduce heat to low and stir in  **$\frac{1}{4}$  cup heavy cream**, **1 teaspoon dry mustard**, and **2 teaspoons chopped fresh marjoram leaves**. Cook until cream begins to bubble, 1 to 2 minutes more. Stir mushroom-cream mixture into the mashed potatoes.





## home cooking



### Roasted Garlic and Potato Soup with Homemade Croutons

Makes 6 servings. Working time 20 min.  
Total time 1 hr. 10 min.

- 1 large garlic head, unpeeled
- 6 tablespoons extra-virgin olive oil
- 2 bay leaves
- ¼ loaf day-old French baguette, cubed
- ¾ teaspoon sea salt, plus more to taste
- 1 medium yellow onion, chopped
- 1 small carrot, chopped
- 1½ pounds red creamer potatoes, peeled and cut into ½-inch cubes
- ½ teaspoon freshly ground white pepper, plus more to taste
- 3 cups low-sodium chicken or vegetable broth
- 4 ounces Fontina, cut into ¼-inch cubes

**1.** Preheat oven to 400°F. Using a serrated knife, slice off top quarter of garlic head, revealing cloves. Place on a 12-by-8-inch sheet of heavy-duty aluminum foil, cut-side up, and drizzle with 1 tablespoon olive oil. Add 1 bay leaf. Fold foil over garlic and seal edges. Roast in a baking dish until garlic cloves are soft and golden brown, about 45 minutes. Transfer to a wire rack and let cool.

**2.** Meanwhile, on a rimmed baking sheet, toss together bread, 2 tablespoons olive oil, and salt to taste. Bake, stirring once or twice, until golden brown, about 15 minutes. Using a slotted spoon, transfer to a paper-towel-lined plate to drain.

**3.** In a medium heavy-duty pot over medium-high heat, add remaining 3 tablespoons olive oil. Add onion, carrot, and potatoes and cook, stirring occasionally, until onion and carrot have softened, 8 to 10 minutes. Mix in ¾ teaspoon salt and

½ teaspoon white pepper and add remaining bay leaf. Add broth and 2 cups water to vegetables, increase heat to high, and bring to a boil. Reduce heat to medium-low and allow soup to simmer until potatoes are very tender, 30 minutes. Remove bay leaf.

**4.** Squeeze garlic head, from bottom up, to push out each clove into soup; stir. Simmer soup for 5 more minutes, then remove from heat. Using a blender, puree soup. Whisk Fontina into soup over low heat until cheese melts and is fully incorporated. Sprinkle soup with croutons and serve hot.

**PER SERVING** protein: 10 g; fat: 21 g; carbohydrate: 31 g; fiber: 3 g; sodium: 469 mg; cholesterol: 22 mg; calories: 344.

### Crispy Rosemary Potato Chips

Makes 6 servings. Working time 20 min.  
Total time 20 min.

- 2½ cups vegetable oil
- 1 pound russet potatoes, scrubbed and dried
- 1 teaspoon chopped fresh rosemary
- Sea salt and freshly ground pepper

**1.** In a medium saucepan fitted with a candy thermometer, heat oil to 325°F. Using a mandoline,\* slice potatoes widthwise into paper-thin slices.

**2.** In batches, fry potatoes in heated oil, 1 to 2 minutes, making sure not to overcrowd pan. Using a slotted spoon, transfer to a paper-towel-lined plate to drain. While still hot, sprinkle each batch with rosemary and salt and pepper to taste.

**PER SERVING** protein: 2 g; fat: 14 g; carbohydrate: 13 g; fiber: 1 g; sodium: 6 mg; cholesterol: 0 mg; calories: 178.

\*A mandoline slices potatoes—and other vegetables—uniformly and superthin (OXO V-Blade, \$39.95; williams-sonoma.com).



Fresh Lemons Provide Very Special Health Values

### Boursin Mashed Potatoes

Boursin cheese makes these potatoes wonderfully creamy. Boursin [boor-SAHN] is a white cheese with a buttery texture, often flavored with herbs, garlic, or pepper.

- 3½ lbs. potatoes, peeled and cut into 2-inch chunks (about 10 medium potatoes)
- 2 5.2-oz. pkgs. Boursin cheese with garlic and herbs
- ½ cup whole milk, half-and-half, or light cream

In kettle cook potatoes, covered, in enough boiling water to cover, 20 to 25 minutes or until tender. Drain. Return to kettle. Mash with potato masher or beat with mixer on low speed until smooth. Add cheese; beat until combined. Beat in milk until combined. Season with salt and black pepper. Transfer to a 2-quart casserole. Cover; bake in 350° oven 25 minutes or until heated through. (Or, cover and chill for up to 24 hours. To reheat, bake, covered, in a 350° oven 1½ hours or until heated through.) Makes 8 to 10 servings. □

# Raising the Bar on Basics: Hasselback Potatoes

## Hasselback Potatoes

Adapted from *BOSH! Simple Recipes, Amazing Food, All Plants*

### INGREDIENTS

4 large white potatoes  
¼ cup olive oil, plus extra for drizzling

### FOR THE SPICE RUB:

1 ½ tsp paprika  
1 ½ tsp onion powder  
1 tsp garlic powder  
1 tsp dried oregano  
1 tsp ground ginger  
Up to ½ tsp cayenne pepper  
½ salt

### DIRECTIONS:

Preheat oven to 350 degrees.

Place one of the potatoes on a cutting board and lay a wooden spoon on either side. (These will provide a stopping point so that you don't cut all the way through the potatoes.) Take a sharp knife and carefully cut very thin slices crosswise along the full length of the potato, stopping when the knife hits the spoon handles. Repeat until all the potatoes have been "hasselbacked." Drizzle 1 tablespoon olive oil over each potato, making sure the oil runs in between the slices.

Measure the spices for the spice rub in a small bowl and stir to mix. Use a teaspoon to sprinkle equal amounts over and between the slices of each potato. Wrap each potato in a piece of foil and place on baking pan. Bake for 45 minutes. After 45 minutes, remove from oven. Turn up the oven heat to 425 degrees.

Carefully open the parcels and flatten down the foil around the potatoes. Use a tip of knife to lightly pry open the slices and drizzle a touch more olive oil and sprinkle with more salt. Put the pan back in the oven, still unwrapped, and bake for 20-30 minutes longer.

Serve with yogurt or sour cream on side, vegan or not, as you prefer.

By Lynne Charles  
Special to Living

As the cold settles in, one feels the need to reach for the extra pair of socks and sweater, and perhaps a nice warm, baked potato.

I asked myself, though, how else could one bake a potato?

Aside from twice-baking it, the options seem decidedly limited. And then I came across this recipe for Hasselback Potatoes. Aside from being visually interesting, this works on a culinary level as well. The tender slices fall easily onto one's fork.

Eating it, I found myself moving methodically across the potato, slice at a time, as though I were deconstructing an accordion.

Served with a salad on the side, this was a surprisingly ample winter meal.

## Roll a little dough and your fondest knishes come true

By Annette Gooch

Universal Press Syndicate

Like Chinese filled buns, Cornish pasties or piroshki, knishes are tempting little pastries with savory fillings.

One of the most popular foods in Jewish cuisine, a knish can be filled with cheese, mushrooms or other vegetables and grains, chicken livers, corned beef or beef and potato, to name a few choices.

Even busy cooks can find time to make knishes at home by preparing the dough or filling (or both) a day ahead, and assembling and baking the knishes the following day.

This version substitutes vegetable oil for the melted chicken fat

(schmaltz) used in traditional knish recipes.

### BEEF-POTATO KNISHES

- 1 recipe Knish Dough, see F2
- Vegetable oil, for brushing dough and baking sheets
- 1 recipe Beef-Potato Filling, see F2

Divide Knish Dough into 3 equal portions, covering 2 portions with plastic film to prevent dough from drying. Roll out a third of the dough onto a lightly floured surface to create a 10-by-16-inch rectangle. Lightly brush dough with a little vegetable oil.

Spoon a third of the Beef Filling into a long roll positioned about 1 inch from edge of one of the long sides of the rectangle. Roll dough securely around filling to make a filled log, pinching long edge of dough to seal. Cover with plastic

film.

Repeat with remaining portions of dough and filling, covering logs with plastic film.

Cut each filled log into 1-inch slices. For each slice, stretch the dough up and over the top and bottom, pinching dough together to completely enclose the filling.

Preheat oven to 375 degrees. Place knishes well apart on lightly oiled baking sheets. Brush tops lightly with oil. Cover with a dampened kitchen towel; let rise in a warm place until dough looks puffy, 20 to 30 minutes.

Bake until knishes are golden brown, 15 to 20 minutes. Makes 4 dozen knishes.

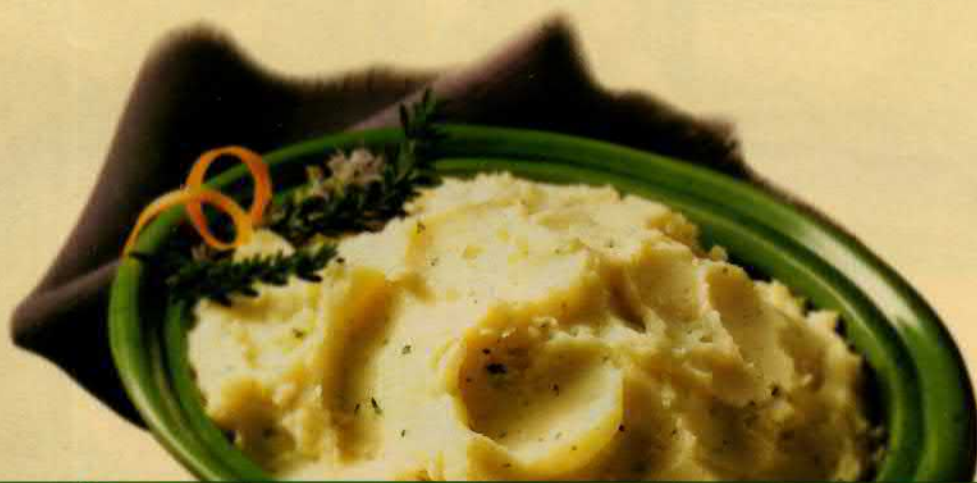
Everyday foods get  
**energized**

after time at

**The Ranch.**

SIDE DISH

When recipes  
come back from **The Ranch,**



**ORIGINAL RANCH® MASHED POTATOES**

**Ingredients**

1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix  
4 cups unsalted mashed potatoes, with or without skins

**Directions**

ADD dressing mix to potatoes; stir well.  
SERVE with butter or margarine, if desired.  
*Makes 4 servings.*



APPETIZER

# Give your everyday recipes



## ORIGINAL RANCH® POTATO SKINS

### Ingredients

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 4 baked potatoes, quartered
- 1/4 cup sour cream
- 1 cup shredded Cheddar cheese (Optional: green onions and/or bacon bits)

### Directions

- SCOOP out potatoes and combine with sour cream and dressing mix.
- FILL skins with mixture; sprinkle with shredded cheese.
- BAKE at 375°F for 12-15 minutes.
- GARNISH with green onions and/or bacon bits, if desired. *Makes 8-10 servings.*



## ORIGINAL RANCH® GRILLED BREAD

### Ingredients

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 1/2 cup butter
- 2 loaves French bread, cut in half lengthwise

### Directions

- SOFTEN butter and stir in dressing mix. Spread on bread.
- GRILL or broil until golden. *Makes 2 loaves.*
- Mozzarella Bread Variation:** Sprinkle 1/2 cup shredded mozzarella cheese on top before grilling or broiling. (For smaller batch, spread only half of butter mixture on one loaf of bread. Refrigerate remaining mixture for later use.)



*A little break* at **The Ranch**  
and *dinner* takes on  
a whole **new** *personality*.



#### ORIGINAL RANCH® ROASTED POTATOES

##### Ingredients

- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dressing Mix
- 2 pounds small red potatoes, quartered
- 1/4 cup vegetable oil

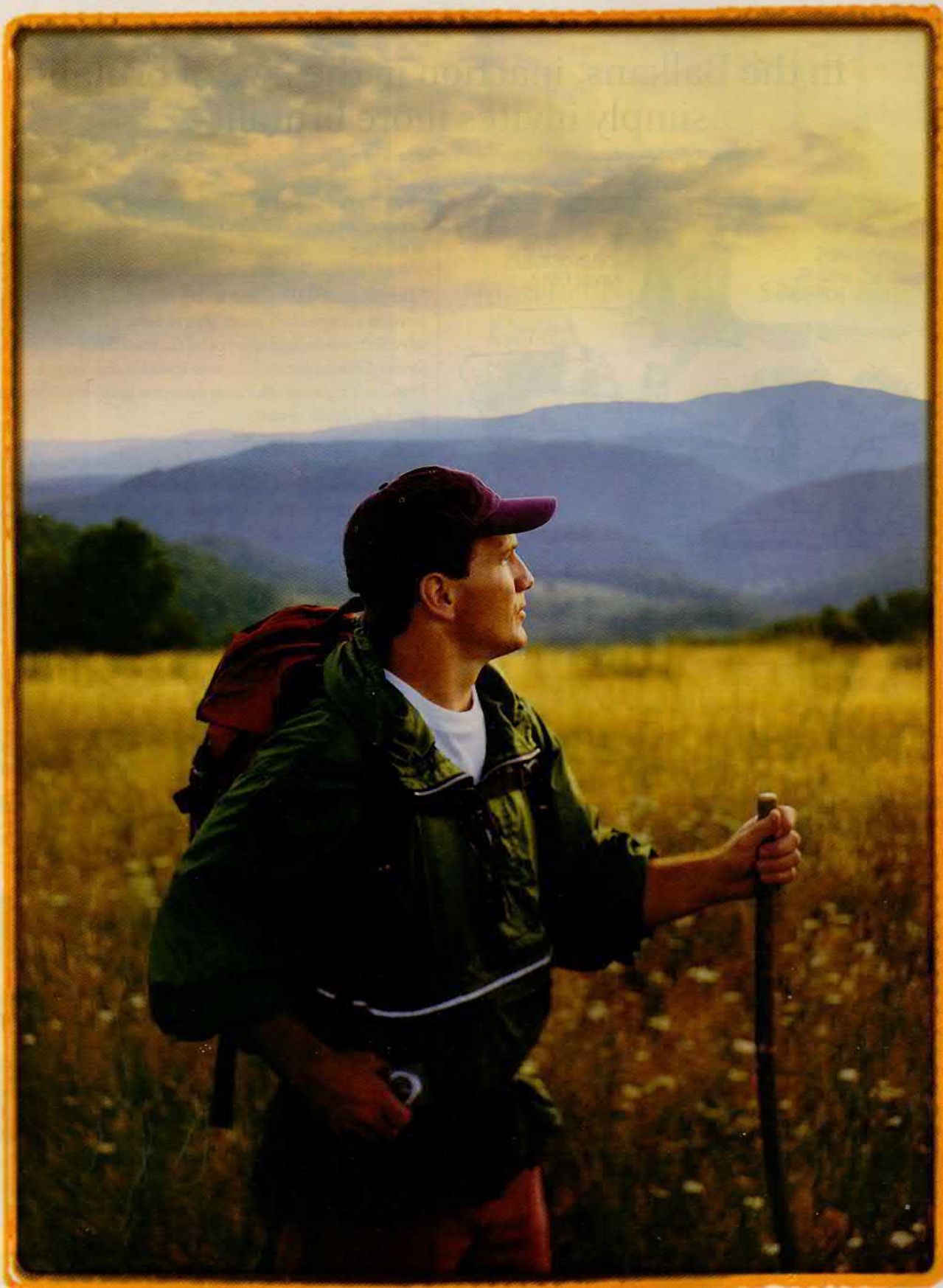
##### Directions

- Place potatoes in large plastic bag.
- Add oil and toss to coat.
- Add dressing mix and toss again to coat.
- Bake on ungreased baking pan at 450°F for 30 minutes.
- Makes 4-6 servings.

Take your favorite recipe and give it a Ranch twist. If it were any easier to do, our recipe might make itself.



For more delicious recipes from Hidden Valley® call 1-800-723-2343.





(continued from page 113)

#### ONLY FIVE INGREDIENTS\*

## Crispy Rosemary Potato Cakes

Makes 12 potato cakes. Working time 15 min. Total time 30 min.

- 3 tablespoons olive oil
- 1½ cups chopped onion
- ▶ 1 tablespoon finely chopped rosemary
- 3 cups leftover mashed potatoes
- 1 cup panko bread crumbs
- \*Plus true pantry staples like salt and pepper

**1.** In a medium skillet over medium-low heat, heat 1 tablespoon oil. Add onion, rosemary, and ½ teaspoon each salt and pepper and cook until onion is soft and golden, about 7 minutes. Transfer to a large mixing bowl, add potatoes, and mix. Season with salt and pepper.

**2.** Spread panko in a shallow dish. In a large skillet over medium-high heat, heat 1 tablespoon oil. Using a ⅓ cup measure, form potato mixture into 12 cakes. Gently press panko on both sides of each cake. Cook cakes in batches (adding more oil as needed), turning once, until golden brown and heated through, about 8 minutes.

**PER POTATO CAKE** protein: 1 g; fat: 6 g; carbohydrate: 14 g; fiber: 1 g; sodium: 274 mg; cholesterol: 6 mg; calories: 115.



READER RECIPE

## Sweet Potato Pound Cake

*Makes two 12-slice loaves. Working time 20 min. Total time 1 hr. 50 min.*

- Nonstick baking spray with flour
- 3 cups all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 2 sticks unsalted butter, softened
- 1½ cups granulated sugar
- ½ cup packed light-brown sugar
- 1 teaspoon vanilla extract
- 2 cups leftover mashed sweet potatoes
- 4 large eggs, at room temperature
- ¾ cup chopped pecans

1. Preheat oven to 325°F. Grease two 9-inch loaf pans with baking spray. In a medium bowl, sift next six ingredients.
2. In a large bowl, using an electric mixer on medium, cream butter, sugars, and vanilla until light and fluffy. Blend in sweet potatoes, then eggs, one at a time. With mixer on low, add flour mixture in thirds; combine just enough to blend.
3. Spoon batter evenly into prepared pans. Sprinkle pecans over batter. Bake until cakes test clean when a skewer is inserted into centers, 70 to 80 minutes. Cool on a wire rack for 15 minutes. Remove cakes from pans and cool completely on wire rack.

**PER SLICE** protein: 3 g; fat: 11 g; carbohydrate: 35 g; fiber: 2 g; sodium: 165 mg; cholesterol: 56 mg; calories: 249.



*"Drain and mash a 40-ounce can of sweet potatoes if you don't have leftovers."*

—Kat Green  
Marietta, Georgia





## Whipped Sweet Potato Bake

Prep: 10 min. Total: 30 min.

10  
minute  
prep

- 3 cans (15 oz. each) sweet potatoes, drained
- ¼ cup (½ stick) butter or margarine, melted
- 1 tsp. ground cinnamon
- ½ tsp. salt
- ¼ tsp. ground nutmeg
- 3 cups JET-PUFFED Miniature Marshmallows

**PREHEAT** oven to 350°F. Beat sweet potatoes, butter, cinnamon, salt and nutmeg in medium bowl with electric mixer on medium speed until well blended.

**SPOON** into lightly greased 1½ qt. baking dish; top with marshmallows.

**BAKE** 15 to 20 min. or until sweet potato mixture is heated through and marshmallows are lightly browned.

Makes 10 servings, ½ cup each.

## HAM-STUFFED SWEET POTATOES

*A favorite combination with a new twist—*

- 4 large sweet potatoes
- 2 cups chopped fully cooked ham
- ½ cup cranberry-orange relish
- ¼ cup raisins
- 2 tablespoons brown sugar
- ½ teaspoon salt
- 4 tablespoons butter or margarine, softened

Bake sweet potatoes in 425° oven for 40 minutes. Cut slice from top of each. Scoop out inside; chop the cooked potato. Combine ham, relish, raisins, brown sugar, salt, and butter or margarine. Fold in chopped potato. Spoon mixture into potato shells. Place on baking sheet. Reduce oven temperature to 350°. Bake potatoes 15 to 20 minutes more or till they are heated through. Serves 4.

Photographs: Dieter



## Sweet Potato Pudding

- 3 eggs
- ¾ cup molasses and/or honey
- ½ cup milk
- ½ cup butter, melted
- ½ teaspoon nutmeg
- ½ teaspoon salt
- 3½ cups diced raw sweet potato

In blender, put eggs, molasses, milk, melted butter, nutmeg, salt, and one cup of diced sweet potato. Cover and blend until smooth.

Remove cover while blender is running and slowly add the remaining sweet potato. Pour into a buttered baking dish. You may add ½ cup raisins or ½ cup ground nuts, blending in at low speed, if desired. Bake in 325° oven for 1¼ hours. Serves six.

## Sweet Potato Casserole

*Recipe by Shore Publishing sports writer PJ Foti*

- 3 cups sweet potatoes
- ½ cup sugar
- ½ cup butter
- 2 eggs, beaten
- 1 teaspoon vanilla
- ½ cup milk



### Topping:

- 1/3 cup butter (melted)
- 1 cup brown sugar
- ½ cup flour
- 1 cup chopped nuts (pecans)

Boil and mash potatoes.

Mix in sugar, butter, eggs, vanilla, and milk.

Put in baking dish.

Combine all topping ingredients together and cover potatoes.

Bake 25 to 30 minutes in a 350-degree oven.

## APPLE MALLO WYAMBAKE

- 2 apples, cored and sliced
- 1/2 cup firmly packed brown sugar
- 1/3 cup chopped pecans
- 1/2 tsp. cinnamon
- 2 cans (16 or 18 oz. each) yams or sweet potatoes, drained
- 1/4 cup butter or margarine
- 2 cups miniature marshmallows



Heat oven to 350°F. Toss apples, brown sugar, nuts and cinnamon. Alternate layers of apples and yams in 9-inch square baking pan. Dot with butter.

Bake at 350°F for 35 to 40 minutes. Sprinkle marshmallows over yams and apples. Broil until lightly browned. 6 to 8 servings.

## SOUTH SEAS YAM FEAST

- 2½ cups mashed hot yams
- 6 slices pineapple, drained
- ¼ cup hot milk
- 3 tsp. brown sugar
- 1 tsp. salt
- 1½ tsp. butter
- ¼ cup melted butter
- 1½ tsp. cream

Beat mashed yams with hot milk, salt and melted butter until fluffy. Keep hot. Make glaze for pineapple slices by heating brown sugar, cream and butter in skillet. Brown on both sides. Pile yams on pineapple slices for a South Seas treat.



# Orange Mallow Yam Yums

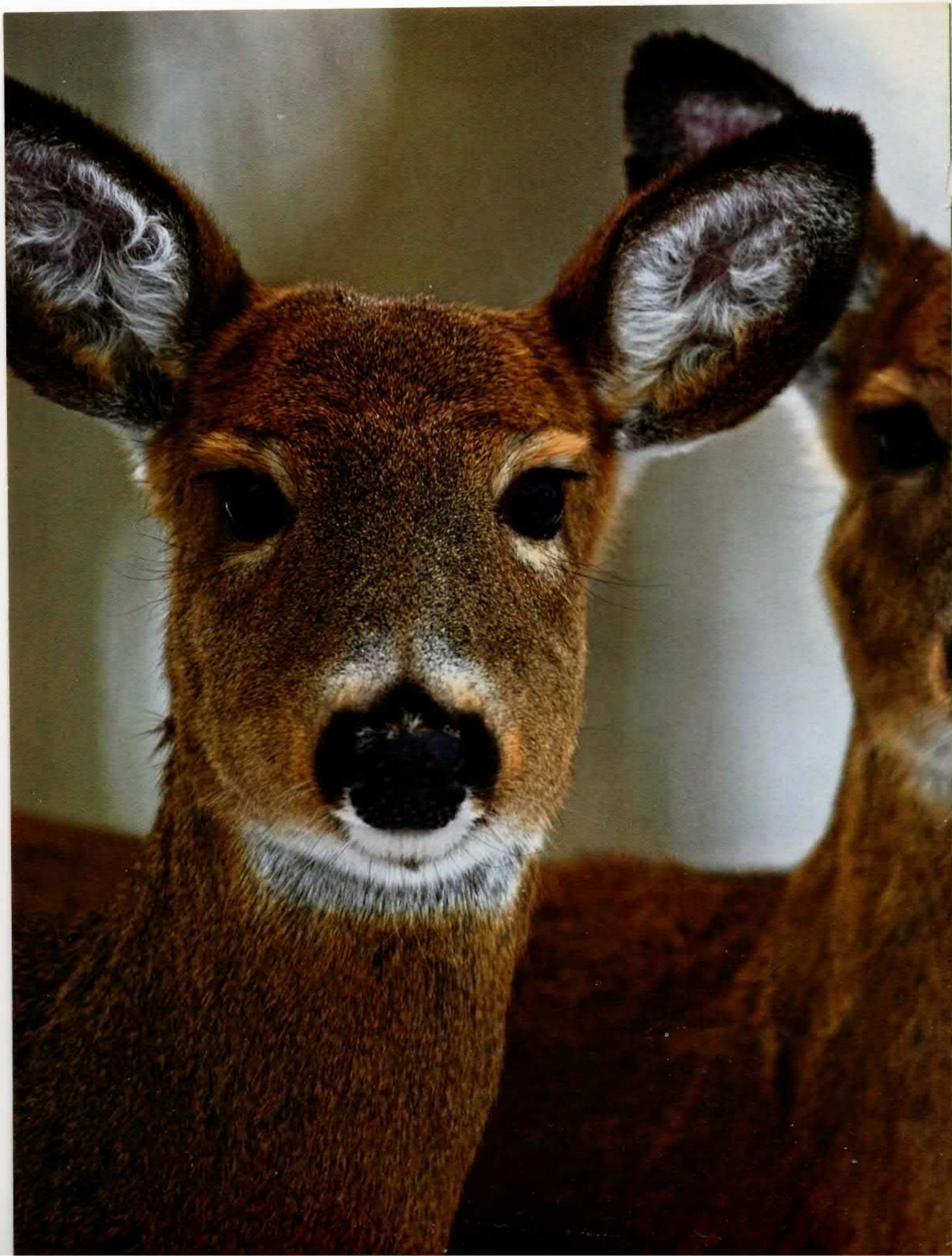
## ORANGE MALLOW YAMBAKE

- |  |   |
|--|---|
| 2 17-oz. cans Royal Prince<br>or Princella yams, drained | 1/4 cup brown sugar,<br>packed            |
| 2 oranges, peeled, sliced,<br>cut in half                | 1 1/2 cup Kraft miniature<br>marshmallows |

Arrange yams and orange slices in a 1 1/2 quart shallow baking dish. Sprinkle with brown sugar. Bake at 350°, 20 to 25 minutes. Sprinkle with marshmallows. Broil until lightly browned.

6 to 8 servings







# OH DEER!

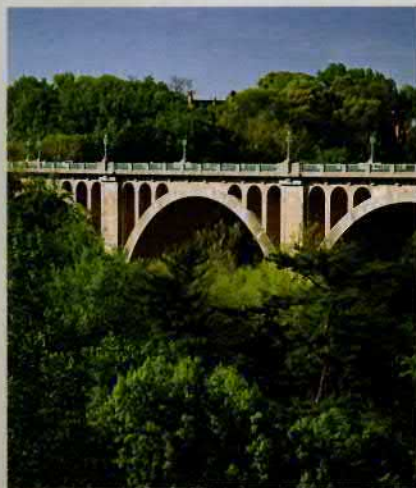
BY MICHAEL LIPSKE

*Rebounding white-tailed deer in one of the nation's largest urban parks may be growing so numerous that they threaten their own habitat*

**"I can see her butt,"** says Ken Ferebee. He waits several seconds before letting forth with what he hopes is an enticing whistle, but still the demure subject of his interest stays half hidden. "Ah, she doesn't want to cooperate," Ferebee says, and lets the truck roll forward.

Ferebee has been cruising Rock Creek Park's two-lane blacktops since sundown this November evening. A natural resource manager specialist at the national park in Washington, D.C., he is counting white-tailed deer. Because his bashful doe—Ferebee was almost sure it was a doe—had her head behind a tree, the animal was designated 'sex unknown' on his clipboard.

Creeping along at 5 to 10 miles an hour in a white pickup, Ferebee and a National Park Service (NPS) biologist aim powerful spotlights into the dark woods on either side of the road, looking for yellow-green deer eyeshine. "Buck and two does at 84 meters," Ferebee's sidekick says, using a laser rangefinder to measure the dis-



**WHITE-TAILED DEER** populations have exploded in many urban areas, creating wildlife crises in places such as Washington, D.C.'s Rock Creek Park, which is heavily trafficked during rush hour and crossed by major roads (above).

tance between the deer and the truck.

Between sightings, the men chat about a doe that a week earlier, for unknown reasons but with predictable results, leapt over a wall and into the lions' den at the National Zoo, located at the park's southern end. From Ferebee's perspective, it's perhaps a pity that Rock Creek's only large predators are locked up. Free-roaming lions would do more than put a spring in the step of joggers. They'd probably be good for the park.

Conducted over several nights, the November 2009 Rock Creek deer census revealed an estimated population of 67 whitetails per square mile. That amounts to hundreds of mid-sized herbivores roaming, mating and eating in the forested heart of the nation's capital. For the park service and many people living in homes just outside the park, that's too many deer.

But nowadays "too many deer" is "situation normal" across much of the

animal's range. Nor is Rock Creek's whitetail density outrageously high compared to some places. Fort Washington National Park, just south of Washington, D.C., counted 200 deer per square mile in a recent census. At Pennsylvania's Gettysburg National Military Park, bullets whizzing through winter air come not from Yanks and Rebs but from sharpshooters keeping down deer numbers. Similar deer-culling programs take place

**A WHITE-TAIL HERD BOLTS** across Rock Creek Park's grassy slopes. Biologists estimate that about 165 deer roam the 1,754-acre park, about three times the number that National Park Service biologists believe the area should hold. Heavy foraging by the deer threatens the largest unbroken forest in the Washington, D.C., area by removing tree seedlings needed to sustain native woodland.







A moose eats up to 70 pounds of vegetation a day.

vehicles, mini buses, and even floatplanes, as well as guided moose cruises by canoe, kayak, and raft. The areas around Moosehead Lake and Jackman and Carrabassett Valley—an endless sea of forested hills hugging the New Hampshire and Canadian borders—are prime moose habitat. The reason can be seen grinding through the backwoods: logging trucks carrying thousands of board feet of raw spruce, fir, pine, and hardwoods. The first trees to come back in clear-cut areas happen to be among the moose's favorite treats: birch, cherry, aspen, and the many kinds of maple, which on the

flanks of Crocker Mountain, just south of Route 16, are covered in golden light on this September afternoon.

**INTO THE WOODS** It's the beginning of the mating season, when moose, normally placid, are so hyped up on hormones that they become, well, a little tetchy. This makes you think twice about luring a bull moose with a coffee can of false promises. On the one hand, it'd be breathtaking to see a seven-and-a-half-foot-tall moose, crowned with a five-foot rack of antlers, step out of the brush. But what if he decides to take his frustrations out on us?

We start hiking up an over-

grown logging track. One nice thing about searching for moose: You can't beat the scenery. You could find yourself standing in the green shade of ancient moss-furred spruces, watching the sun rise over a lake in a scene straight out of an L.L. Bean catalog, or wading knee-deep in muskeg—primordial goo that smells as if it's been fermenting since the last Ice Age—at the edge of swamps where dragonflies dart among the water lilies. Moose spend a lot of time in the water, partly to escape flies but mostly to nosh on aquatic plants, and that's where you're most likely to see them in the spring and summer.

Suddenly, Matt drops to his knees by an indentation in the dirt. It's a scrape, a spot where a male moose hunkers down for a wallow and then urinates on it. An interested female will roll around in the musky mud, much like a girl dousing herself with her boyfriend's Obsession. When they meet up, the bull needs only one sniff to know if she thinks he's cute.

Not that anybody will ever nominate a moose for a beauty prize. As the saying goes, "God took all the spare parts and made the moose." But when I'd said that to state wildlife biologist Karen Morris—whom I talked to a week earlier, when I first arrived in Maine—she bristled. "Moose are not funny-looking. They are wonderfully well designed for the areas they live in." The largest member of the deer family, a mature male is about the size of a horse and can weigh up to 1,400 pounds. Its bulky body retains more heat than, say, that of a deer, a major asset in living through long northern winters, while the

hollow hairs in its thick brown coat help insulate it against the cold. And the absurdly long, slender legs that make it look so gawky also let it high-step through deep snow that bogs down other animals.

**BULL VELVET** As I glance down, I realize that Matt and I are surrounded by tracks. Each cloven hoofprint is about the size of my hand, and the prints are roughly five feet apart. This is one big moose. Matt points out how the twigs and leaves of the young aspen and birch have been neatly nipped off about five feet up. Only the top tufts are unscathed. Meanwhile, the trunks of sturdier trees look as if a lawn mower had backed into them. "A bear?" I guess. No, Matt explains, a bull moose scratching the velvet off his antlers.

A Maine moose's antlers can grow an inch a day, and a full rack may span six feet. Generally, they drop off every January, leading to an enterprising business in antler retrieval. People use them for everything from doorstops to signboards to aphrodisiacs to chandeliers. Moose use them mostly to wrestle with each other during mating season. The antlers aren't really needed for self-defense because, in Maine at least, moose are the biggest boys in the forest. "Their natural predator is cars," says Matt.

He's not kidding—as I'd discovered a couple of days before, when Bonnie Holding, a Registered Maine Guide, and I took a drive up Route 27 toward Canada. The two-lane road is one of many so-called

Catherine Fredman wrote about Charleston inns for February's *Travel Holiday*.